CREATIVE MEALS USING A SALAD KIT \ 20-MINUTE SHORTCUT SUPPERS \ 3-INGREDIENT DUMP CAKES

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This impressive Strawberry Sheet Cake starts with a cake mix!

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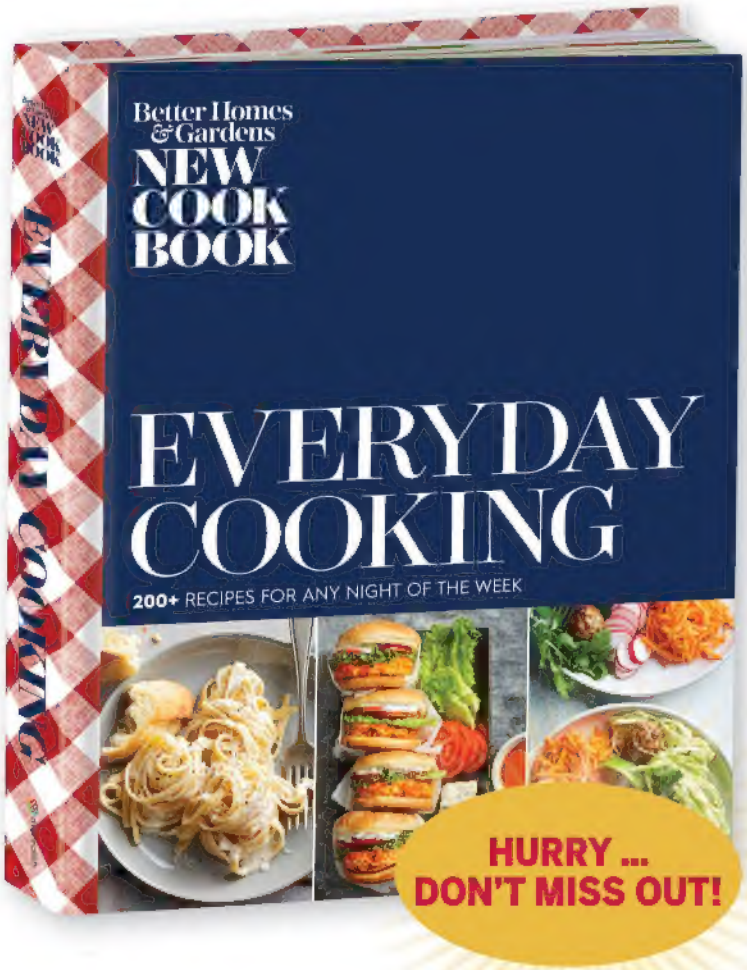
From the cooking experts at

Better Homes & Gardens®

All of your favorite, easy-to-make Test Kitchen recipes ... plus so much more!



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EASY BAKE A.M. *Pastries*

Get your morning off to a sweet start with fast, but fabulous, pastries and bread. Purchased doughs slash prep time, so you can focus on your morning coffee.

Lazy Morning
CINNAMON ROLLS

HANDS ON 10 minutes **BAKE** 25 minutes at 350°F
COOL 5 minutes

- **½ cup packed brown sugar**
- **1½ tsp. ground cinnamon**
- **⅛ tsp. salt**
- **1 lb. purchased refrigerated pizza dough (tip, *below right*)**
- **4 Tbsp. unsalted butter, softened**
- **3 Tbsp. whole milk, divided**
- **2 Tbsp. cream cheese, softened**
- **½ cup powdered sugar**

1. Preheat oven to 350°F. Grease a 9-inch round cake pan or baking dish. For filling, in a small bowl combine brown sugar, cinnamon, and salt.
2. On a lightly floured surface, roll dough into a 12x6-inch rectangle. Spread with butter and sprinkle with filling, leaving a ½-inch border on one long side; pat gently.
3. Tightly roll up, starting from filled long side, and seal seam with fingertips. Cut into 8 slices. Arrange cut sides up in prepared pan. Press down gently on each roll to flatten slightly. Brush 2 Tbsp. of the milk over tops and sides of rolls. Bake until lightly golden and cooked through, 25 to 30 minutes. Cool in pan on a wire rack 5 minutes.
4. Whisk cream cheese with the remaining 1 Tbsp. milk until nearly smooth. Whisk in powdered sugar until smooth and of glazing consistency. Spread over cinnamon rolls. Serve warm.
Makes 8 rolls.

PER ROLL *289 cal, 9 g fat (4 g sat fat), 19 mg chol, 284 mg sodium, 48 g carb, 1 g fiber, 23 g sugars, 5 g pro.*

REFRIGERATED PIZZA DOUGH

FAVE *Dough*

We like the fresh pizza dough from Trader Joe's because it handles easily and has a homemade flavor. Local pizzerias often sell dough, too, if asked. If you use a 13.8-oz. tube of refrigerated pizza dough, switch to an 8-inch round pan.

Chocolate-Caramel MONKEY BREAD

HANDS ON 40 minutes **BAKE** 40 minutes at 350°F **COOL** 5 minutes

- ½ cup toasted sliced almonds or chopped pecans, divided
- ¾ cup sugar
- 2 tsp. unsweetened cocoa powder
- 1½ tsp. ground cinnamon
- 2 16.3-oz. pkg. refrigerated biscuits (16 total)
- 32 chocolate-covered caramels (such as Rolo)
- ½ cup salted butter, melted
- ¼ cup caramel-flavor ice cream topping
- 1 tsp. vanilla

1. Preheat oven to 350°F. Generously grease a 10-inch nonstick fluted tube pan. Sprinkle ¼ cup of the almonds in bottom of pan. In a small bowl combine sugar, cocoa powder, and cinnamon.

2. With kitchen scissors, cut each biscuit into 2 pieces. Using your hands, flatten each piece into a 3-inch round of dough. Place a chocolate-covered caramel in the center of each round. Bring the edge of dough up and around the caramel to form a ball. Pinch edges together tightly to seal.

3. Dip each ball into melted butter; roll in sugar mixture to coat. Layer coated balls in prepared pan. Drizzle with any remaining butter; sprinkle with any remaining sugar mixture.

4. Stir together ice cream topping and vanilla; drizzle over dough balls in pan. Sprinkle with remaining ¼ cup almonds.

5. Bake until a toothpick comes out clean, 40 to 45 minutes. (If necessary to prevent overbrowning, cover loosely with foil the last 15 minutes of baking.) Cool bread in pan on a wire rack 5 minutes. Run a small rubber spatula around edge of bread to loosen. Invert pan onto a platter; remove pan. Spoon any topping and nuts that remain in the pan on bread. Cool slightly. If you like, drizzle with additional ice cream topping. Serve warm. **Makes 16 servings.**

PER SERVING *347 cal, 17 g fat (7 g sat fat), 17 mg chol, 658 mg sodium, 47 g carb, 1 g fiber, 24 g sugars, 4 g pro.*

PB&J STRUDEL

HANDS ON 30 minutes **BAKE** 20 minutes at 400°F

- ⅓ cup granulated sugar
- 1 Tbsp. cornstarch
- 1½ cups sliced fresh strawberries
- ⅔ cup peanut butter
- ¼ cup nonfat dry milk powder
- ¼ cup powdered sugar
- ½ of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed
- 1 egg
- 1 Tbsp. water
- 1 Tbsp. coarse white decorating sugar
- 1 Tbsp. finely chopped peanuts (optional)

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. In a small saucepan stir together granulated sugar and cornstarch. Stir in the strawberries until sugar is dissolved. Let stand 10 minutes.

2. Meanwhile, in a small bowl stir together peanut butter, milk powder, and powdered sugar until well combined (mixture will be thick).

3. Cook and stir strawberry mixture over medium until thickened and bubbly. Reduce heat. Cook and stir 2 minutes more. Remove from heat; cool slightly.

4. On a lightly floured surface, unfold and roll out pastry to a 10x14-inch rectangle. Loosely fold into quarters; transfer to prepared baking sheet. Unfold pastry and center on baking sheet. With kitchen scissors or a sharp knife, cut 3-inch strips, 1 inch wide, into the long sides of pastry.

5. Place peanut butter mixture down the center of pastry, pressing into a 3-inch-wide ribbon. Top peanut butter mixture evenly with strawberry mixture. Alternating between sides, crisscross pastry strips over the filling at a slight angle, overlapping ends and tucking the last strips underneath. In a small bowl whisk together egg and the water; brush over pastry. Sprinkle with coarse sugar and peanuts (if using).

6. Bake until golden brown, 20 to 25 minutes. Cool slightly on baking sheet on a wire rack. Serve strudel warm or at room temperature. **Makes 8 servings.**

PER SERVING *379 cal, 23 g fat (5 g sat fat), 24 mg chol, 188 mg sodium, 36 g carb, 2 g fiber, 19 g sugars, 9 g pro.*

Easy
STORAGE
Place in an airtight container. Store at room temperature up to 3 days or freeze up to 3 months.

Almond PASTRY BITES

HANDS ON 25 minutes **BAKE** 13 minutes at 400°F

- 1 cup almond flour
- ½ cup packed brown sugar
- ½ cup salted butter, softened
- 1 egg
- ½ tsp. almond extract
- ½ tsp. vanilla
- ¼ tsp. salt
- ½ of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed
- Whole almonds
- Powdered sugar

1. Preheat oven to 400°F. Spread almond flour in a shallow baking pan. Bake until flour smells toasted and just begins to turn golden brown, 3 to 4 minutes; cool slightly.

2. For filling, in a medium bowl combine toasted almond flour and the next six ingredients (through salt). Beat with a mixer on medium until smooth.

3. On a lightly floured surface, roll out pastry to a 15x10-inch rectangle. Cut pastry into twenty-four 2½-inch squares. Gently press a pastry square into twenty-four 1¾-inch muffin cups.

4. Fill each pastry-lined cup with 1 Tbsp. filling. Top each with an almond. Bake until filling is puffed and pastry is golden brown, 10 to 15 minutes. Dust with powdered sugar.

Makes 24 bites.

PER BITE *130 cal, 9 g fat (4 g sat fat), 18 mg chol, 94 mg sodium, 10 g carb, 1 g fiber, 5 g sugars, 3 g pro.*

Cream Cheese DANISHES

HANDS ON 30 minutes
BAKE 15 minutes at 400°F

- 1 8-oz. pkg. cream cheese, softened
- ⅓ cup sugar
- 1 tsp. fresh lemon or lime juice
- ½ to 1 tsp. vanilla, almond, or lemon extract
- 1½ cups fresh or frozen berries, thawed if frozen, or chopped desired fruit
- ¼ cup desired-flavor fruit preserves, jam, or marmalade
- 1 17.3-oz. pkg. frozen puff pastry sheets (2 sheets), thawed
- 1 egg
- 1 Tbsp. water

1. Preheat oven to 400°F. Line two baking sheets with parchment paper. **2.** In a medium bowl beat cream cheese with a mixer on medium until smooth. Beat in sugar, lemon juice, and vanilla. In a small bowl stir together fruit and preserves. **3.** On a lightly floured surface, roll each pastry into a 10½-inch square. Cut each into nine 3½-inch squares, place on prepared baking sheets. Prick squares with a fork to within ½ inch of edges. In a bowl whisk together egg and the water, brush over squares. Spread each square with 1 Tbsp. cream cheese mixture, top with about 1½ Tbsp. fruit mixture. **4.** Bake until golden, 15 to 18 minutes. Transfer pastries to wire racks, cool completely. **Makes 18 pastries.**

PER PASTRY *200 cal, 11 g fat (6 g sat fat), 23 mg chol, 139 mg sodium, 23 g carb, 1 g fiber, 10 g sugars, 3 g pro.*

Start with BISCUITS

Sheet Pan TOAD-IN-THE-HOLES

Preheat oven to 375°F. Line an extra-large baking sheet with parchment paper. Separate dough rounds from one 16.3-oz. pkg. refrigerated **biscuits** (8), arrange evenly on prepared baking sheet. Using a 2-inch round cutter, cut a hole from the center of each dough round, arrange cutouts on same baking sheet. Stretch hole in rounds to 2½ inches. Press a thin slice of **deli ham** into each hole to make a cup. Slip an **egg** into each of the ham cups. Bake until cutouts are golden, about 15 minutes. Remove cutouts from baking sheet. Sprinkle egg cups with ½ cup shredded **Gruyère** or **Swiss cheese.** Bake until cheese is melted and eggs are cooked to desired doneness, about 2 minutes more. Sprinkle with **black pepper** and chopped fresh **chives.** If you like, serve baked cutouts with **jam, jelly,** or **honey.** Makes 8 servings.

Beef-Cabbage BOMBS

Preheat oven to 375°F. For filling, in a 10-inch skillet cook 8 oz. **ground beef** over medium until browned, drain off any fat. Stir in 1 cup packaged **shredded cabbage with carrot (coleslaw mix);** cook just until wilted. Remove and cool. Grease a 3-qt. rectangular baking dish. Separate dough rounds from one 16.3-oz. pkg. refrigerated **biscuits** (8). Roll or pat each dough round to a 5-inch round. Brush edges with water. Add ¾ cup shredded **dill Havarti cheese** to ground beef mixture; toss to combine. Place ¼ cup filling in the center of each dough round. Bring the edge of dough round up and around the filling to make a ball. Pinch edges together tightly to seal. Place filled dough rounds, seam side down, in prepared dish. Bake until golden brown, 20 to 22 minutes. If you like, serve bombs with **horseradish mustard** and fresh **dill.** Makes 8 bombs.

Pop open a package of ready-to-bake biscuits to create the base of kitchen magic. These four recipes take the beloved dough beyond basic breakfasts.

Single-Serving CHICKEN POT PIES

Preheat oven to 400°F. In a 4-qt. pot melt ½ cup **salted butter** over medium. Whisk in ½ cup **all-purpose flour.** Cook, stirring constantly, 1 minute. Gradually whisk in 3¼ cups **reduced-sodium chicken broth.** Increase heat to medium-high. Add 12 oz. **frozen mixed vegetables.** Cook, stirring occasionally, until bubbly, about 4 minutes. Add ¾ tsp. each **salt, black pepper,** and **dried Italian seasoning,** crushed. Stir in 5 cups chopped **rotisserie chicken.** Divide chicken mixture among eight 8- to 10-oz. ramekins or custard cups. Separate dough rounds from one 16.3-oz. pkg. refrigerated **biscuits** (8). Top each ramekin with a biscuit round. Bake until golden brown, 20 to 25 minutes. Brush biscuits with 2 Tbsp. melted salted butter before serving. **Makes 8 pot pies.**

Skillet Fried APPLE PIES

Preheat oven to 350°F. Line a large baking sheet with parchment paper. Separate dough rounds from one 16.3-oz. pkg. refrigerated **biscuits** (8). Roll each dough round to a 6-inch round. Place 2 Tbsp. canned **apple pie filling** onto half of each dough round (cut any large apple pieces). Fold dough edges over filling. Press edges together; crimp with a fork to seal tightly. In a 10-inch skillet heat 1 Tbsp. **salted butter** over medium-low. Add fried biscuit dough to skillet, working in batches if necessary. Cook, turning once, until lightly golden brown, about 4 minutes (reduce heat if dough browns too quickly). Transfer pies to prepared baking sheet. Sprinkle with **sugar.** Bake pies until golden brown, about 15 minutes. If you like, serve with **whipped cream** or **ice cream. Makes 8 fried pies.**

Eggs: MORNING, NOON & NIGHT

Eggs may be known as breakfast-table royalty, but turns out, they're just as perfect for powering you through mid- or late-day too! Add a few simple store-bought ingredients to get this perfect protein source on the table fast.

Good EGG
Eggs contain all nine essential amino acids, making them a high-quality protein source (6g per large egg).

Bacon and Eggs FRIED RICE

START TO FINISH 30 minutes

- 2 slices thick-cut bacon
- 3 Tbsp. reduced-sodium soy sauce
- 1 tsp. rice wine vinegar
- 1 tsp. toasted sesame oil
- 2 eggs, lightly beaten
- ¾ cup sliced fresh mushrooms
- 1 16-oz. pkg. frozen vegetable fried rice (such as Trader Joe's)
- 2 baby bok choy, trimmed and thinly sliced
- 2 tsp. minced fresh garlic and/or ginger
- Crushed red pepper and/or slivered green onions (optional)

1. In a 12-inch nonstick skillet cook bacon over medium, turning occasionally, until crisp, about 8 minutes. Remove from skillet and drain on paper towels, crumble bacon. Reserve 2 Tbsp. of the bacon drippings.

2. Meanwhile, in a bowl stir together soy sauce, vinegar, and sesame oil.

3. Return skillet to medium. Add 1 Tbsp. of the bacon drippings. Add eggs and tilt skillet to make an even layer. Cook, without stirring, until nearly set. Turn egg sheet out onto a cutting board and let stand 1 minute. Roll up egg sheet, cut into thin slices.

4. Return skillet to medium. Add remaining 1 Tbsp. bacon drippings. Stir in mushrooms. Cook, stirring occasionally, until mushrooms are lightly browned, 4 to 5 minutes.

5. Increase heat to medium-high. Add fried rice, cook and stir 2 minutes. Stir in bok choy. Cook and stir 2 minutes. Add garlic and/or ginger and cook 1 minute. Stir in sliced egg. Pour soy sauce mixture over rice mixture, stir to combine.

6. Top fried rice with bacon. If you like, sprinkle with crushed red pepper and/or green onions. **Makes 2 servings**

PER SERVING *608 cal, 25 g fat (7 g sat fat), 211 mg chol, 1,991 mg sodium, 71 g carb, 6 g fiber, 5 g sugars, 24 g pro*

Caprese and Egg CIABATTA SANDWICHES

HANDS ON 20 minutes **BROIL** 7 minutes

- 4 3-oz ciabatta rolls, split
- 1 8-oz fresh mozzarella ball, thinly sliced
- 4 small Campari or roma tomatoes, thickly sliced
- 1 Tbsp olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper
- Nonstick cooking spray
- 4 eggs
- ¼ cup purchased basil pesto

1. Preheat broiler. Place rolls, cut sides up, on a baking sheet. Broil 3 to 4 inches from heat until golden brown, 2 to 4 minutes. Arrange mozzarella on cut side of each roll top. Transfer roll bottoms to a plate.

2. Line a small shallow baking pan with foil. Brush foil with a little oil. Add tomatoes to prepared baking pan. Drizzle with 1 Tbsp. oil, season with salt and pepper. Broil 3 to 4 inches from heat until tomatoes are sizzling and softened, 3 to 4 minutes. Broil cheese-topped rolls on baking sheet 3 to 4 inches from heat until cheese is melted, 1 to 2 minutes.

3. Coat a 10-inch nonstick skillet with cooking spray, heat over medium-high. Crack eggs into skillet, spoon pesto around eggs. Cook until whites are set and yolks are desired doneness, 4 to 6 minutes.

4. Top roll bottoms with eggs, tomatoes, and roll tops.

Makes 4 sandwiches.

PER SANDWICH *544 cal, 30 g fat (10 g sat fat), 230 mg chol, 958 mg sodium, 42 g carb, 2 g fiber, 1 g sugars, 25 g pro.*

Quick POUTINE

HANDS ON 15 minutes **BAKE** 25 minutes at 425°F

- **6 cups frozen seasoned french fries**
- **1 ½ cup purchased gravy**
- **1 cup cheese curds or mozzarella cheese (not fresh), torn into bite-size pieces**
- **6 eggs, scrambled**
- **Chopped fresh chives**
- **Black pepper**

1. Preheat oven to 425°F. Spread fries in a shallow baking pan. Bake until fries are browned and crisp, 25 to 30 minutes. Meanwhile, in a saucepan warm gravy until hot.

2. Place fries in a large bowl. Add ½ cup of the hot gravy to fries, toss to coat. Add cheese curds; toss to combine. Top with eggs and sprinkle with chives and pepper. Serve immediately with remaining gravy. **Makes 6 servings.**

PER SERVING *228 cal, 11 g fat (5 g sat fat), 21 mg chol, 753 mg sodium, 25 g carb, 3 g fiber, 0 g sugars, 8 g pro.*

Scramble SECRETS

For the fluffiest eggs, lift and fold cooked eggs toward the center, allowing uncooked egg to flow under the edges.

Southwestern-Style Black Bean and Andouille FRITTATA

HANDS ON 30 minutes **BROIL** 1 minute **STAND** 5 minutes

- **8 eggs, lightly beaten**
- **½ cup shredded cheddar cheese (2 oz.)**
- **2 Tbsp. chopped fresh cilantro**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **1 Tbsp. olive oil**
- **6 oz. cooked andouille sausage, chopped**
- **1 cup chopped red bell pepper**
- **½ cup chopped onion**
- **1 cup canned reduced-sodium black beans, rinsed and drained**
- **Pico de gallo and/or sliced avocado (optional)**

1. Preheat broiler. In a medium bowl whisk together first five ingredients (through black pepper). In a 10-inch broilerproof skillet heat oil over medium. Add sausage, bell pepper, and onion, cook until vegetables are crisp-tender, about 5 minutes. Stir in beans.

2. Pour egg mixture over vegetable mixture in skillet. Cook over medium. As eggs set, run a silicone spatula around edge, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edges until frittata is almost set (surface will be moist).

3. Place skillet under broiler 4 to 5 inches from heat. Broil until top is set and no longer wet, 1 to 2 minutes. Let stand 5 minutes. If you like, serve with pico de gallo and/or avocado. **Makes 6 servings**

PER SERVING *260 cal, 16 g fat (6 g sat fat), 275 mg chol, 539 mg sodium, 10 g carb, 3 g fiber, 2 g sugars, 18 g pro.*

PICKLED RED ONION

In a medium bowl combine ½ cup red wine vinegar, 1 Tbsp sugar, and ¼ tsp. salt, stirring until sugar is dissolved. Stir in 2 cups thinly sliced red onion. Cover and let stand at room temperature, stirring occasionally, 1½ hours, or chill up to 3 days. Drain before using.

Easy
CHILAQUILES

HANDS ON 10 minutes
BAKE 15 minutes at 375°F

- **12** 5- to 6-inch corn tortillas, cut into 1-inch-wide strips
- **3** Tbsp. vegetable oil, divided
- **¾** tsp. salt, divided
- **1** 15-oz. jar red enchilada sauce (such as Siete)
- **4** eggs
- **¼** tsp. black pepper
- **1** avocado, sliced
- **1** recipe Pickled Red Onion *(above)* (optional)
- **½** cup crumbled Cotija cheese (2 oz.)

1. Preheat oven to 375°F. In a 15x10-inch baking pan toss tortilla strips with 2 Tbsp. of the oil and ½ tsp. of the salt. Arrange in an even layer. Bake, stirring occasionally, until tortilla strips are crispy and golden brown, 15 to 18 minutes.

2. Meanwhile, to a large saucepan add enchilada sauce. Bring to a simmer over medium-high. Cover, reduce heat to low.

3. In a 10-inch nonstick skillet heat remaining 1 Tbsp. oil over medium-high. Crack eggs into skillet, season with pepper and remaining ¼ tsp. salt. Fry eggs until whites are just set.

4. Stir tortilla strips into warmed enchilada sauce, tossing to coat evenly. To serve, top with eggs and avocado, and, if you like, Pickled Red Onion. Sprinkle with cheese. **Makes 4 servings.**

PER SERVING *478 cal, 29 g fat (6 g sat fat), 201 mg chol, 1,309 mg sodium, 43 g carb, 6 g fiber, 2 g sugars, 14 g pro*

QUICK-TO-FIX *Apps*

Whether you're hosting or attending, get the party started with small and savory snacks to share. Make one or make more; they only take minutes to prepare!

Chicken Bacon Ranch PINWHEELS

HANDS ON 10 minutes
AIR-FRY 10 minutes per batch at 350°F

- **1** 8-oz. pkg. refrigerated crescent dough sheet
- **½** cup shredded cooked chicken
- **4** slices bacon, crisp-cooked and crumbled (⅓ cup)
- **2** Tbsp. ranch salad dressing
- **1** Tbsp. thinly sliced green onion
- **⅓** cup shredded cheddar cheese

1. Line air-fryer basket with a perforated parchment paper sheet (tip, *right*). On a lightly floured surface, unroll dough; roll out dough to a 12x8-inch rectangle.

2. In a small bowl combine chicken, bacon, ranch dressing, and green onion. Top dough with chicken mixture, leaving 1 inch unfilled on one of the shorter sides. Sprinkle filling with cheese. Starting with the filled short side, roll up dough, press edge to seal. With serrated knife, cut roll into 8 slices.

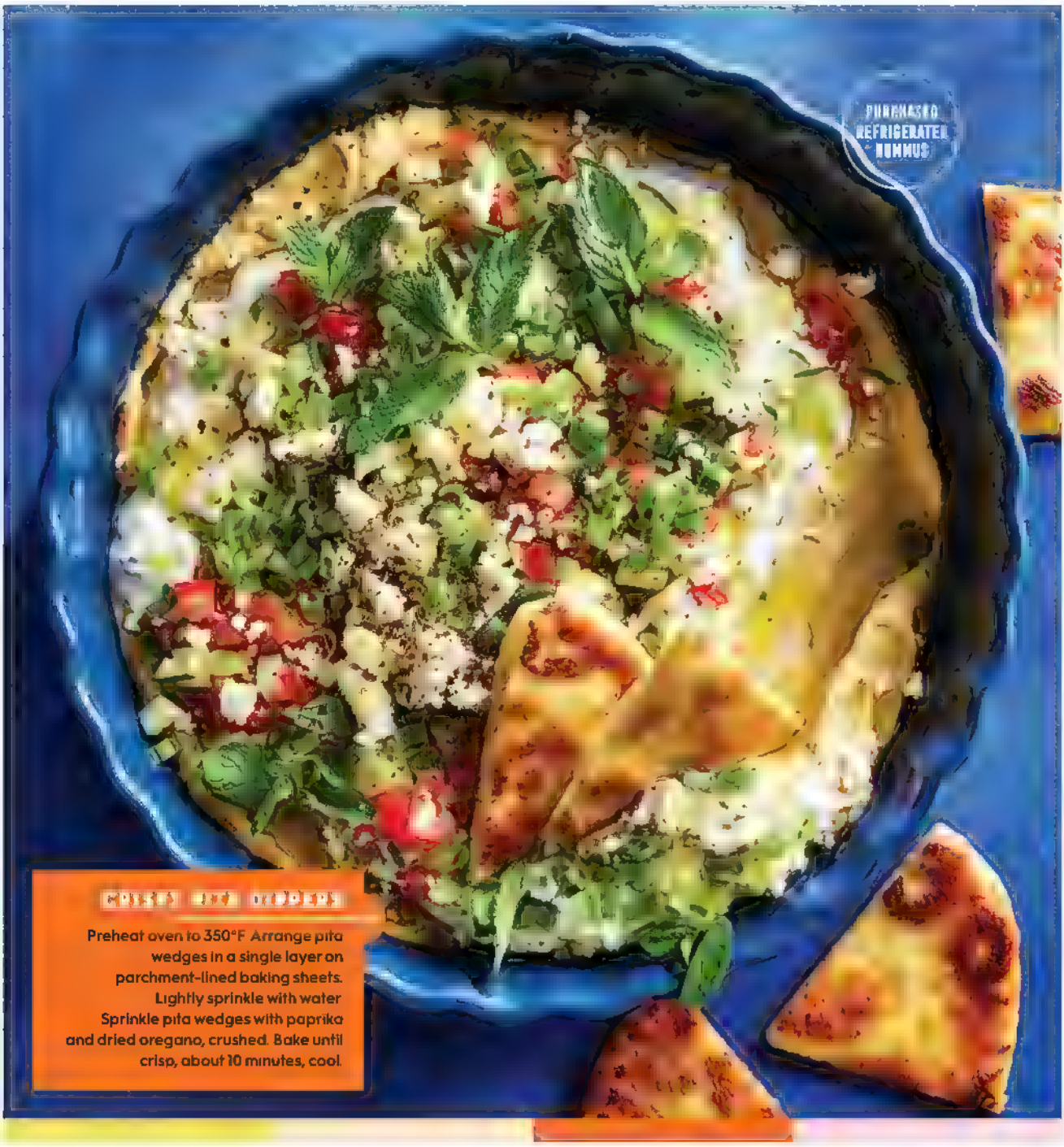
3. Working in batches if needed, arrange pinwheels in a single layer in prepared basket (do not overcrowd). Cook at 350°F, turning once, until golden brown and cooked through, 10 minutes. Keep cooked pinwheels warm in a 200°F oven, if necessary. If you like, serve with additional ranch dressing sprinkled with *black pepper* and additional green onion.

Makes 8 pinwheels.

PER PINWHEEL *154 cal, 8 g fat (3 g sat fat), 18 mg chol, 361 mg sodium, 14 g carb, 0 g fiber, 2 g sugars, 7 g pro*

PARCHMENT *Picks*

Perforated parchment paper sheets are designed for use in air fryers and can be purchased online. Alternatively, cut a piece of parchment paper to fit your air-fryer basket. Using a hole punch or sharp pencil, punch holes about 1 inch apart in the parchment paper.


PURCHASED REFRIGERATED HUMMUS
CRISPY PITA WEDGES
Preheat oven to 350°F. Arrange pita wedges in a single layer on parchment-lined baking sheets. Lightly sprinkle with water. Sprinkle pita wedges with paprika and dried oregano, crushed. Bake until crisp, about 10 minutes, cool.

Greek-Style LAYER DIP

START TO FINISH 20 minutes

- 1 cup plain Greek yogurt
- ¼ cup coarsely shredded, unpeeled cucumber
- 1 Tbsp. finely chopped red onion
- 1 tsp. chopped fresh mint
- 1 8-oz. container plain hummus
- ½ cup chopped seeded tomato
- ½ cup chopped cucumber
- ½ cup crumbled feta cheese (2 oz.)
- ¼ cup sliced green onions
- 3 pita bread rounds
- Black pepper (optional)

1. In a small bowl stir together the first four ingredients (through mint).

2. Spread hummus in the bottom of a 9-inch pie plate. Spread yogurt mixture over hummus. Sprinkle with tomato, cucumber, cheese, and green onions. Cover and chill up to 2 hours before serving.

3. Split each pita bread round in half horizontally. Cut each round into 8 wedges (tip, above left). Serve pita bread wedges with dip. If you like, sprinkle with pepper and top with additional mint. **Makes 12 servings**

PER SERVING *111 cal, 4 g fat (2 g sat fat), 8 mg chol, 218 mg sodium, 13 g carb, 2 g fiber, 2 g sugars, 6 g pro.*

Meatball-Stuffed GARLIC BREAD SLIDERS

HANDS ON 20 minutes **BAKE** 13 minutes at 400°F

- **48** frozen Italian-style or beef meatballs (about 1½ lb.)
- **2** cups marinara sauce
- Nonstick cooking spray
- **½** cup salted butter
- **1½** tsp. minced garlic (3 cloves)
- **1** Tbsp. chopped fresh flat-leaf parsley or 1 tsp. dried parsley
- **24** purchased sweet Hawaiian-style rolls or dinner rolls
- **8** oz. Fontina cheese, shredded (2 cups), divided
- **½** cup freshly grated Parmesan cheese

1. In a large saucepan combine the meatballs and marinara sauce. Cook meatballs according to package directions.

2. Meanwhile, preheat oven to 400°F. Line two large baking sheets with foil; coat foil with cooking spray. In a small saucepan heat butter over medium until bubbly. Stir in garlic; remove from heat. Stir in parsley.

3. Cut a small piece off the top of each roll; discard. Carefully hollow out the insides of rolls. Place on prepared baking sheets. Brush butter mixture on the inside and outside of rolls. Bake rolls until golden brown, about 5 minutes.

4. Place about ½ Tbsp. shredded Fontina and 2 meatballs in each roll. Spoon desired amount of sauce over meatballs in rolls. Top rolls with remaining Fontina. Sprinkle with Parmesan.

5. Bake rolls until heated through and cheese is melted, 8 to 10 minutes. If you like, sprinkle with additional chopped parsley. **Makes 12 servings**

PER SERVING *525 cal, 27 g fat (13 g sat fat), 102 mg chol, 883 mg sodium, 48 g carb, 2 g fiber, 8 g sugars, 21 g pro*

Oven-Roasted BRIE S'MORES

HANDS ON 15 minutes **ROAST** 10 minutes at 400°F

- 1 4.4-oz. pkg. Brie bites miniature cheeses (5)
- ½ cup jellied cranberry sauce
- ¼ cup red pepper jelly
- 2 tsp. chopped fresh sage
- 20 round butter crackers
- 2 oz. sliced smoked turkey, torn in cracker-size pieces

1. Preheat oven to 400°F. Cut Brie bites in half horizontally; arrange, cut sides up, in a 9-inch pie plate.
2. In a small bowl whisk together cranberry sauce and jelly until nearly smooth; stir in sage. Spoon mixture over Brie. Roast until cheese is softened, 10 to 12 minutes.
3. Arrange half of the crackers on a serving plate. Top with Brie, turkey, and remaining crackers. **Makes 10 s'mores.**

PER S'MORE *103 cal, 5 g fat (2 g sat fat), 12 mg chol, 199 mg sodium, 12 g carb, 0 g fiber, 8 g sugars, 4 g pro.*

KEEP IT *Fresh*

To store for a few hours, cover plate with spring rolls with a damp kitchen towel. Chill until ready to serve. Or wrap spring rolls individually in plastic wrap and chill up to 2 days.

Shrimp SPRING ROLLS

START TO FINISH 25 minutes

- **2 oz. dried rice vermicelli noodles**
- **1 10- to 13-oz. Asian-style salad kit**
- **¼ tsp. salt**
- **⅔ cup fresh mint and/or cilantro leaves**
- **8 8-inch round rice papers**
- **32 cooked medium shrimp, peeled and deveined (12 oz.)**
- **1 Tbsp. creamy peanut butter**
- **1 Tbsp. reduced-sodium soy sauce**
- **Sesame seeds and lime wedges (optional)**

1. In a medium saucepan cook noodles in lightly salted boiling water just until tender, 2 to 3 minutes, drain. Rinse with cold water, drain again. Using kitchen scissors, snip noodles into small pieces.

2. For filling, in a medium bowl combine greens from salad kit and salt. With clean hands, massage greens until cabbage starts to lose volume, 1 to 2 minutes. Stir in mint and/or cilantro.

3. To assemble rolls, fill a large shallow dish with warm water. Quickly dip one rice paper into water until moistened and pliable. (Rice paper will still be firm but continue to soften during assembly.) Transfer to a work surface. Place four shrimp across lower third of softened rice paper. Top with a heaping ⅓ cup of the greens mixture and 3 Tbsp. of the vermicelli noodles. Fold bottom of rice paper over filling. Fold in sides, roll up tightly. Place, seam side down, on a plate. Repeat with remaining rice papers, shrimp, filling, and noodles.

4. For sauce, in a small bowl whisk together dressing from salad kit, peanut butter, and soy sauce. Serve with spring rolls. If you like, sprinkle with sesame seeds and serve with lime wedges. **Makes 4 servings.**

PER SERVING *354 cal, 9 g fat (2 g sat fat), 168 mg chol, 603 mg sodium, 41 g carb, 3 g fiber, 3 g sugars, 28 g pro.*

Front Burner DINNERS

Maximize flavor while minimizing mess and effort with these one-pan range-top dinners designed for on-the-go families. Clever shortcuts are THE game changer when the clock is ticking.

Blackened Cajun-Style

PAN-FRIED CHICKEN THIGHS

START TO FINISH 25 minutes

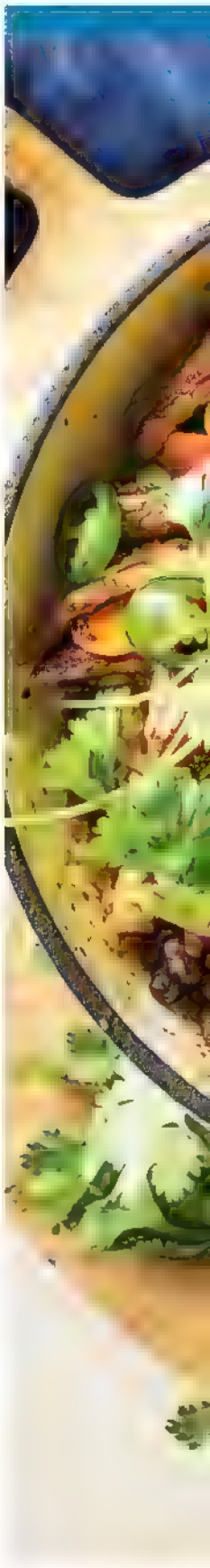
- 4 4- to 5-oz. skinless, boneless chicken thighs
- 2 tsp. salt-free Cajun seasoning
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 Tbsp. vegetable oil
- 1 10- to 12-oz. pkg. frozen or fresh whole or cut green beans
- 1 cup frozen or fresh sweet corn
- 2 cups cherry tomatoes, halved

1. Season chicken with Cajun seasoning, salt, and pepper. In a 12-inch nonstick skillet heat oil over medium-high. Add chicken; cook until deep golden brown, about 6 minutes. Turn; cook until chicken is done (175°F), 6 to 8 minutes more.

2. Meanwhile, cook frozen green beans according to package directions. (If using fresh green beans, cook in boiling water until crisp-tender, 4 to 6 minutes.) Drain; blot beans dry with a paper towel.

3. Remove chicken from skillet; reserve drippings. Add corn and cooked green beans to skillet. Cook, stirring once, until lightly charred, 2 to 3 minutes. Stir in tomatoes. Cook until tomatoes start to soften, 1 to 2 minutes more. Serve chicken with vegetable mixture. **Makes 4 servings.**

PER SERVING *259 cal, 9 g fat (2 g sat fat), 107 mg chol, 268 mg sodium, 18 g carb, 4 g fiber, 7 g sugars, 26 g pro.*



Beef and Veggie RAMEN

START TO FINISH 30 minutes

- ½ lb. ground beef
- 4 green onion, thinly sliced (white and green parts separated)
- 2 3-oz. pkg. ramen noodles (flavoring packet discarded)
- 2½ cups water
- 1 12-oz. pkg. frozen Asian vegetable medley
- 3 Tbsp. hoisin sauce
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. sriracha sauce
- 1 Tbsp. packed brown sugar
- 1 Tbsp. chopped fresh cilantro
- ½ tsp. five-spice powder
- ¼ tsp. ground ginger
- 2 tsp. toasted sesame seeds

1. In a 10-inch skillet cook ground beef and white part of green onion over medium until browned; drain off fat.

2. Add noodles, the water, and frozen vegetables to skillet with beef mixture. Bring to boiling; reduce heat. Cook, uncovered, until noodles are tender, 3 to 5 minutes.

3. Meanwhile, for sauce, in a bowl combine next seven ingredients (through ginger); stir until well combined. Add sauce to skillet with noodle mixture. Heat through.

4. To serve, top with green part of green onion and sesame seeds. If you like, top with additional cilantro.

Makes 4 servings.

PER SERVING *463 cal, 19 g fat (8 g sat fat), 73 mg chol, 813 mg sodium, 40 g carb, 3 g fiber, 9 g sugars, 30 g pro.*

Steak Burrito BOWLS

START TO FINISH 25 minutes

- **2 Tbsp. vegetable oil, divided**
- **1 lb. beef ribeye steak, thinly sliced**
- **Salt and black pepper**
- **3 cups stemmed, seeded, and chopped miniature bell peppers**
- **1 8-oz. pouch green enchilada sauce, divided**
- **2 8.5-oz. pouches cooked brown rice**
- **1 15-oz. can seasoned black beans, drained**
- **Fresh cilantro, sliced jalapeño (tip, *p. 64*), and lime wedges (optional)**

1. In a 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Season steak with salt and black pepper, add to skillet. Cook until browned or desired doneness, 2 to 3 minutes. Remove from skillet. Add remaining 1 Tbsp. oil to skillet. Add bell peppers, cook until lightly charred and crisp-tender, about 3 minutes. Add ½ cup of the enchilada sauce, heat through.

2. Meanwhile, heat rice according to package directions. Add heated rice to skillet with peppers. Stir in steak, black beans, and remaining enchilada sauce until heated through. If you like, serve with cilantro, jalapeños, and lime wedges. **Makes 4 servings.**

PER SERVING *659 cal, 34 g fat (10 g sat fat), 91 mg chol, 993 mg sodium, 61 g carb, 10 g fiber, 6 g sugars, 33 g pro*

Easy SWAP
If you like, use red enchilada sauce or bottled salsa in place of the green enchilada sauce.

Herbed Skillet

PASTITSIO

HANDS ON 20 minutes
COOK 20 minutes
BROIL 4 minutes

- 1 lb. ground lamb or beef
- 1 cup chopped onion
- 1½ tsp. minced garlic (3 cloves)
- 1 15-oz. can no-salt-added tomato sauce
- 1¼ cups water
- 1 Tbsp. chopped fresh oregano
- ¼ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ tsp. black pepper
- 8 oz. dried ziti pasta
- 1 12-oz. jar Alfredo pasta sauce
- Grated Parmesan cheese (optional)

1. In a 10-inch oven-going skillet cook lamb, onion, and garlic over medium until meat is browned, drain off any fat.
2. Stir in next six ingredients (through pepper). Bring to boiling. Stir in ziti. Return to boiling, reduce heat. Simmer, covered, stirring occasionally, until ziti is tender, 20 minutes.
3. Preheat broiler. Once pasta is tender, spread Alfredo sauce evenly over beef mixture. Broil 4 to 5 inches from the heat, rotating skillet as needed for even browning, until sauce is bubbly and starts to brown, 4 to 5 minutes. If you like, top with Parmesan and additional oregano.
Makes 4 servings
PER SERVING *579 cal, 22 g fat (7 g sat fat), 99 mg chol, 905 mg sodium, 63 g carb, 6 g fiber, 10 g sugars, 33 g pro.*

Ham and Pea TORTELLINI

START TO FINISH 30 minutes

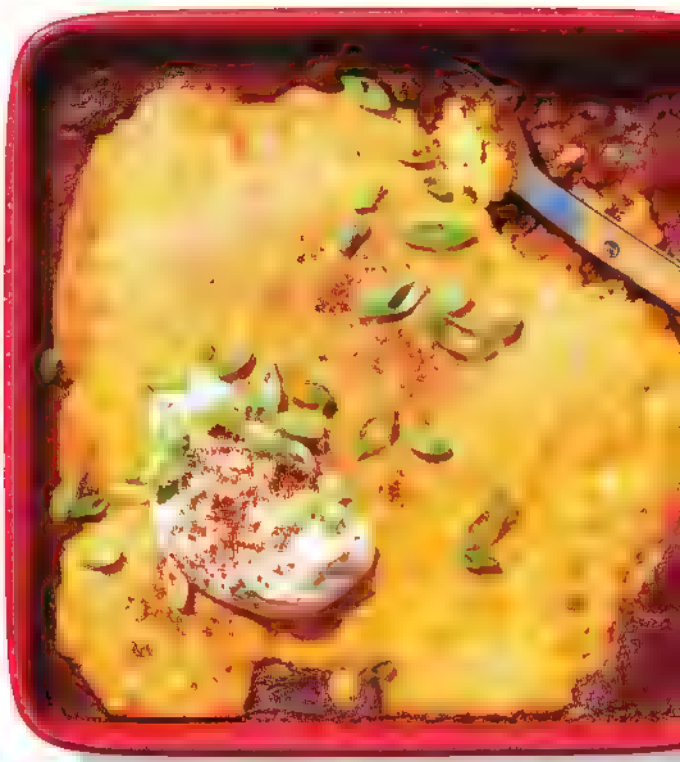
- 1 10-oz. pkg. refrigerated cheese-filled tortellini
- ½ cup frozen peas
- 1 Tbsp. salted butter
- 1 cup cubed cooked ham
- ½ cup half-and-half
- 2 cups fresh arugula
- ¼ cup grated Parmesan cheese
- Cracked black pepper
- Fresh basil

1. Cook tortellini according to package directions, adding peas the last 2 minutes of cooking. Drain, reserving ½ cup cooking liquid.

2. In same pot melt butter over medium. Add ham; cook until heated through, 2 minutes. Stir in half-and-half; bring to boiling. Reduce heat; simmer until thickened, 2 to 3 minutes. Stir in arugula, Parmesan, and pasta mixture; cook until arugula wilts. If needed, stir in reserved cooking liquid to reach desired consistency. Top with black pepper and basil. **Makes 4 servings.**

PER SERVING *409 cal, 19 g fat (9 g sat fat), 74 mg chol, 689 mg sodium, 38 g carb, 2 g fiber, 4 g sugars, 20 g pro.*

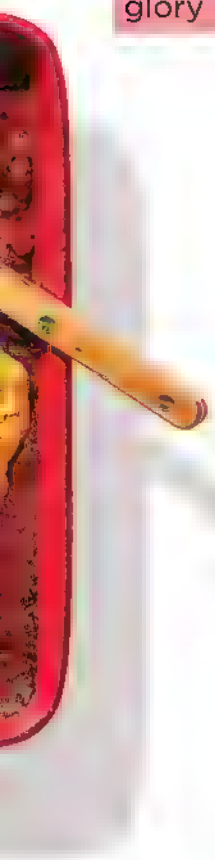
Start with A CAN OF CHILI



Cincinnati CHILI

In a small saucepan combine one 38-oz. can **chili,** ½ tsp **ground cinnamon,** and ¼ tsp **ground allspice.** Heat over medium until just simmering. Add *water* to chili to reach desired consistency. Meanwhile, cook 8 oz. **dried spaghetti** according to package directions; drain. Spoon chili over spaghetti and top with shredded **cheddar cheese** and **chopped onion.** If you like, serve with **oyster crackers.** Makes 4 servings.

Give that can of chili stashed in the cupboard its moment of glory with one of these fresh spins.



Tamale PIE

Preheat oven to 400°F. In a medium saucepan heat one 38-oz. can **chili** over medium until warm. Transfer chili to a greased 2-qt. square baking dish, top with 1 cup shredded **cheddar cheese.** Prepare one 8.5-oz. pkg. **corn muffin mix** according to package directions. Spoon batter evenly over top of chili in dish. Bake until golden, about 25 minutes. Top with sliced **green onions.** If you like, serve with **sour cream** and sprinkle with **chile powder.** Makes 4 to 6 servings.

EMPANADAS

Preheat oven to 400°F. Thaw one 11.6-oz. pkg. (12) frozen 5-inch **baking empanada dough discs** according to package directions. For filling, in a medium bowl stir together one 15-oz. can **chili,** one 4-oz. can **diced green chiles** (drained), and 1 cup shredded **pepper Jack cheese.** Line two baking sheets with parchment paper. Place an empanada disc on baking sheet, spoon 2 Tbsp. of the filling onto one half. Fold dough over filling, press gently to seal. Crimp with a fork. Repeat with remaining dough discs and filling, arranging evenly on prepared baking sheets. Bake until golden, about 18 minutes (empanadas may ooze a bit). If you like, serve with purchased **chipotle ranch dressing** or **avocado-lime ranch dressing.** Makes 12 empanadas.

Stuffed PEPPERS

Preheat oven to 425°F. Halve 2 large **bell peppers;** remove seeds. Place peppers, cut sides down, in a 2-qt. baking dish. Bake 12 minutes. Meanwhile, in a medium bowl combine one 15-oz. can **chili,** one 8.8-oz. pouch **cooked white** or **brown rice,** ½ cup shredded **pepper Jack** or **Monterey Jack cheese,** and ¼ cup chopped fresh **cilantro.** Turn pepper halves cut sides up; fill with chili mixture. Cover loosely with foil. Bake 25 minutes. Remove foil. Sprinkle peppers with ¾ cup shredded cheese. Bake until cheese is melted, 4 to 5 minutes more. If you like, top with additional chopped cilantro. Makes 4 servings.

Salad Kit FIX-UPS

Salad kits are a time-saver on their own, but they're also a brilliant starting point for bigger and better dishes. These three tricks amp up the flavor, protein, and overall appeal of the salad kit's convenience.

Chicken and Grape SALAD

START TO FINISH 10 minutes

- ½ cup frozen shelled edamame
- 1 3-oz. pkg. ramen noodles (any flavor), crushed
- 1 10- to 13-oz. pkg. Asian-style salad kit
- 2 cups chopped cooked chicken
- ½ cup halved seedless red or green grapes
- ½ cup dried cranberries or other dried fruit (optional)
- Salt and black pepper (optional)

1. Cook edamame according to package directions; drain and cool. Discard seasoning packet from ramen noodles.

2. In a large bowl combine greens and dressing from salad kit, chicken, grapes, edamame, crushed ramen noodles, and dried fruit (if using); toss to combine. If you like, season with salt and pepper and sprinkle with salad kit toppers. **Makes** 4 servings.

PER SERVING *386 cal, 17 g fat (4 g sat fat), 76 mg chol, 381 mg sodium, 31 g carb, 4 g fiber, 9 g sugars, 26 g pro.*

Caesar Pasta SALAD

START TO FINISH 15 minutes

- 2 oz. dried miniature farfalle pasta (¾ cup)
- 1 10- to 13-oz. pkg. chopped Caesar-style salad kit
- ⅔ cup sliced pepperoni and/or diced salami
- ¼ cup sliced pepperoncini peppers or banana peppers
- ¼ cup chopped red onion

1. Cook pasta according to package directions, drain. Rinse with cold water; drain again.
2. Chop any larger greens from salad kit. In a large bowl combine greens and dressing from salad kit, cooked pasta, pepperoni, peppers, and onion, toss to combine. If you like, sprinkle with salad kit toppers (tip, *below*).
Makes 4 servings.
PER SERVING *256 cal, 17 g fat (3 g sat fat), 27 mg chol, 801 mg sodium, 18 g carb, 2 g fiber, 2 g sugars, 9 g pro.*

CHOPPED CAESAR-STYLE SALAD KIT

Make It VEGETARIAN

Replace pepperoni and salami with rinsed and drained canned chickpeas.

CRUSH *It!*

Crush the croutons from salad kit; transfer to a small bowl. Stir in cheese from kit to combine. Sprinkle over salad just before serving.

Falafel BOWL

START TO FINISH 20 minutes

- 1 12-oz. pkg. frozen cooked falafel
- 1 cup purchased hummus
- 1 10- to 13-oz. Mediterranean-style salad kit
- ⅓ cup chopped fresh herbs (such as mint, flat-leaf parsley, and/or dill)
- ½ cup sliced pitted Kalamata or black olives
- ½ cup purchased tzatziki sauce
- Pita bread rounds (optional)

1. Prepare falafel according to package directions. Spread ¼ cup hummus in each of four bowls.

2. In a large bowl combine greens and dressing from salad kit, add herbs. Divide among bowls.

3. Top salads with cheese from salad kit, olives, and falafel. Drizzle with tzatziki sauce. If you like, serve with pita. **Makes 4 servings.**

PER SERVING *460 cal, 28 g fat (5 g sat fat), 6 mg chol, 1,032 mg sodium, 39 g carb, 10 g fiber, 9 g sugars, 14 g pro.*

HOT & BUBBLY *Bakes*

Canned soups, jarred sauces, frozen potato nuggets, rotisserie chicken—these are just a few tasty ways to cheat your way to simple, yet comforting, one-pan casseroles.

KING RANCH CRUNCH CHICKEN CASSEROLE, P. 40

Tuna-Tot CASSEROLE

HANDS ON 35 minutes
BAKE 20 minutes at 425°F
STAND 10 minutes

- **2 Tbsp. olive oil**
- **3 cups sliced fresh cremini mushrooms (8 oz.)**
- **3 cups 1-inch pieces fresh green beans**
- **¾ cup finely chopped onion**
- **1½ tsp. minced garlic (3 cloves)**
- **2 cups half-and-half**
- **2 Tbsp. Worcestershire sauce**
- **1½ tsp. dried thyme, crushed**
- **2 12-oz. cans solid albacore tuna (water-pack), well drained**
- **1 cup shredded white cheddar cheese (4 oz.)**
- **½ of a 32-oz. pkg. frozen crispy potato nuggets**
- **6 Tbsp. sliced green onions**

1. Preheat oven to 425°F. In a 12-inch oven-going skillet heat oil over medium. Add mushrooms, green beans, and onion. Cook, stirring occasionally, until beans are nearly tender and liquid is evaporated, 7 to 8 minutes. Add garlic, cook and stir 1 minute more.
2. Stir in half-and-half. Boil gently, uncovered, until liquid lightly coats vegetables, 5 to 10 minutes. Stir in Worcestershire sauce and thyme.
3. Stir tuna into vegetable mixture in skillet, sprinkle with cheese. Top with potato nuggets. Bake until bubbly and potatoes are golden brown, 20 to 25 minutes. Let stand 10 minutes before serving. Sprinkle with green onions.
Makes 8 servings
PER SERVING *383 cal, 23 g fat (9 g sat fat), 62 mg chol, 698 mg sodium, 22 g carb, 3 g fiber, 6 g sugars, 24 g pro.*

Noodle SWAP
Short pasta replaces the flat egg noodle to add a sturdy bite. Campanelle's ruffled shape is great for holding a hearty beef sauce.
REFRIGERATED COOKED BEEF ROAST AU JUS

Beef Stroganoff CASSEROLE

HANDS ON 35 minutes **BAKE** 20 minutes at 350°F

- 4 cups dried campanelle or penne pasta (12 oz.)
- 1 15-oz. pkg. refrigerated cooked beef roast au jus
- ¼ cup salted butter
- 2 large portobello mushrooms, gills removed, chopped
- 2 cups thin onion wedges
- 1 tsp. minced garlic (2 cloves)
- ⅓ cup all-purpose flour
- ¼ cup tomato paste
- 2 14.5-oz. cans reduced-sodium beef broth
- 2 Tbsp. Worcestershire sauce
- 2 tsp. smoked or Spanish paprika
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ cup sour cream
- 1 Tbsp. prepared horseradish
- 1 tsp. chopped fresh dill or ¼ tsp. dried dill
- Chopped fresh flat-leaf parsley (optional)

1. Preheat oven to 350°F. Cook pasta according to package directions; drain. Return pasta to hot pot; cover and keep warm. Place roast on a cutting board, reserve juices. Shred roast into bite-size pieces.

2. In a 12-inch skillet heat butter over medium. Add mushrooms, onion, and garlic; cook until tender, about 5 minutes. Stir in flour and tomato paste. Add reserved meat juices and next five ingredients (through pepper). Cook and stir until thickened and bubbly. Remove from heat. Stir pasta and roast into mushroom mixture. Transfer pasta mixture to a 3-qt. rectangular baking dish.

3. Bake, covered, until heated through, about 20 minutes. Meanwhile, in a small bowl stir together sour cream, horseradish, and dill. Stir pasta mixture before serving. Serve with sour cream mixture and, if you like, sprinkle with parsley.

Makes 6 servings

PER SERVING *483 cal, 16 g fat (9 g sat fat), 65 mg chol, 831 mg sodium, 62 g carb, 4 g fiber, 10 g sugars, 24 g pro.*

SERVE WITH *eggs*

Complete this "brinner" (breakfast for dinner) by serving with one or two eggs cooked to your liking

King Ranch Crunch CHICKEN CASSEROLE

PICTURED ON P. 37 // **HANDS ON** 15 minutes **BAKE** 45 minutes at 350°F

- 1 8-oz. pkg. cream cheese, softened
- 1 16-oz. jar salsa verde
- 3 cups shredded cooked chicken
- 2 4-oz. cans diced green chiles, undrained
- ½ cup finely chopped onion
- ½ cup chopped fresh cilantro
- 1½ tsp. minced garlic (3 cloves)
- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- 8 cups tortilla chips, broken if you like, divided
- 2 cups shredded sharp cheddar cheese (8 oz.), divided
- Sliced green onion (optional)

1. Preheat oven to 350°F. Grease a 3-qt. baking dish. In a large bowl stir together cream cheese and salsa verde. Add next seven ingredients (through cumin), stir until combined.

2. Spread 2 cups of the tortilla chips in bottom of prepared baking dish. Top with one-third of the chicken mixture and ½ cup of the cheese. Repeat layers twice. Cover with foil.

3. Bake, covered, 30 minutes. Uncover. Top with remaining chips and cheese. Bake, uncovered, until bubbly, 15 to 20 minutes more. If you like, sprinkle with additional cilantro and green onion.

Makes 6 servings.

PER SERVING *553 cal, 36 g fat (17 g sat fat), 139 mg chol, 1,294 mg sodium, 24 g carb, 3 g fiber, 6 g sugars, 34 g pro*

Loaded HASH BROWNS DINNER

HANDS ON 15 minutes
BAKE 45 minutes at 375°F

- 1 10.5-oz. can condensed cream of chicken soup
- ½ of an 8-oz. pkg. cream cheese, cut up and softened
- ½ cup sour cream
- ½ cup cottage cheese
- 1 Tbsp. chopped fresh sage or 1 tsp. dried sage, crushed
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 24- to 30-oz. pkg. frozen shredded hash brown potatoes
- 2 9.6-oz. pkg. refrigerated cooked pork sausage crumbles (such as Jimmy Dean)
- 1 cup chopped apple
- 1 cup shredded Gouda cheese (4 oz.)
- 2 6-inch baked croissants, cut in ½-inch pieces

1. Preheat oven to 375°F. In a 3-qt. rectangular baking dish stir together first seven ingredients (through onion powder). Fold in hash browns, sausage, and apple. Spread mixture evenly in dish. Top with cheese and croissant pieces.

2. Bake, uncovered, until bubbly, 45 to 50 minutes. If necessary, cover loosely with foil the last 20 minutes to prevent overbrowning. If you like, top with additional fresh sage.

Makes 12 servings

PER SERVING *382 cal, 28 g fat (12 g sat fat), 70 mg chol, 844 mg sodium, 22 g carb, 2 g fiber, 4 g sugars, 12 g pro*

Million-Dollar TOT CASSEROLE

HANDS ON 30 minutes **BAKE** 30 minutes at 400°F **STAND** 5 minutes

- 8 slices bacon, chopped
- 1½ lb. skinless, boneless chicken thighs, cut into bite-size pieces
- 1¼ cups milk
- 4 oz. cream cheese, cubed and softened
- ¾ cup sour cream
- 1 Tbsp. plus 1½ tsp. ranch dry salad dressing mix
- 2 cups small broccoli florets
- 1½ cups shredded cheddar cheese (6 oz.), divided
- 1 28- to 32-oz. pkg. frozen crispy potato nuggets
- Sliced green onion

1. Preheat oven to 400°F. In a 12-inch oven-going skillet cook bacon over medium until browned and crisp, about 7 minutes. Drain bacon on paper towels, reserving 1 Tbsp. drippings in skillet.

2. Add chicken to drippings in skillet. Cook, stirring occasionally, until chicken is browned and cooked through, 5 to 7 minutes. Remove from heat. Stir in the milk, cream cheese, sour cream, and ranch dressing mix until combined. Stir in broccoli, 1 cup of the cheese, and two-thirds of the bacon. Spread evenly; top with potato nuggets (you may have some left over).

3. Bake, uncovered, until potatoes are golden, 30 to 35 minutes, sprinkling with remaining cheese and bacon in the last 10 minutes of baking. Let stand 5 minutes. Sprinkle with green onion. **Makes 8 servings.**

PER SERVING *524 cal, 37 g fat (15 g sat fat), 134 mg chol, 864 mg sodium, 23 g carb, 2 g fiber, 4 g sugars, 27 g pro*

Chicken Parmesan CASSEROLE

HANDS ON 10 minutes **BAKE** 50 minutes at 400°F

- 1 24-oz. jar vodka sauce or desired pasta sauce
- 2 7-oz. pkg. cooked gemelli or penne pasta (such as Barilla Ready Pasta Brand)
- 1 12- to 14-oz. pkg. frozen bell pepper stir-fry vegetables
- ¼ tsp. crushed red pepper (optional)
- 1 24- to 25-oz. pkg. frozen cooked, breaded chicken strips or tenders
- 1 cup shredded Italian-blend cheese
- ¼ cup shaved Parmesan cheese or chopped fresh basil

1. Preheat oven to 400°F. In a 3-qt. rectangular baking dish combine vodka sauce, pasta, stir-fry vegetables, and crushed red pepper (if using). Toss mixture to coat. Top with frozen chicken strips.

2. Bake, uncovered, until chicken is crisp and mixture is hot and bubbly, about 45 minutes. Top with Italian-blend cheese. Bake until cheese is melted, about 5 minutes more. Top with Parmesan before serving. **Makes 6 servings.**

PER SERVING *528 cal, 22 g fat (10 g sat fat), 84 mg chol, 1,240 mg sodium, 53 g carb, 5 g fiber, 8 g sugars, 29 g pro.*

Reuben
CASSEROLE

HANDS ON 25 minutes
BAKE 35 minutes at 375°F

- Nonstick cooking spray
- 1 12-oz. pkg. dried wide egg noodles
- 1 Tbsp. canola oil
- ½ cup chopped onion
- 1 Tbsp. cider vinegar
- 1 tsp. caraway seeds
- 1 lb. cooked corned beef, chopped
- 1 10.5-oz. can reduced-sodium condensed cream of celery soup
- 1 8-oz. can sauerkraut, well drained
- ¾ cup milk
- ½ cup Thousand Island salad dressing
- ¼ tsp. black pepper
- 1 8-oz. pkg. shredded Swiss cheese, divided
- 3 cups ¾-inch cubes rye and/or pumpernickel bread
- 2 Tbsp. salted butter, melted

1. Preheat oven to 375°F. Coat a 3-qt. baking dish with cooking spray. Cook noodles according to package directions; drain.
2. In an 8-inch skillet heat oil over medium. Add onion. Cook, stirring occasionally, until tender, about 5 minutes. Add vinegar and caraway seeds; cook and stir 1 minute.
3. In a large bowl combine onion mixture, noodles, and next six ingredients (through pepper). Stir in 1 cup of the cheese. Transfer pasta mixture to prepared dish; spread evenly. Top with remaining cheese. Cover with foil. Bake 15 minutes.
4. Meanwhile, in a medium bowl toss together bread cubes and butter. Uncover casserole; top with bread cubes. Bake until bubbly around edges and bread cubes are toasted, 20 to 25 minutes more. If you like, drizzle with additional Thousand Island salad dressing. **Makes 10 servings.**

PER SERVING *487 cal, 26 g fat (10 g sat fat), 115 mg chol, 964 mg sodium, 39 g carb, 3 g fiber, 6 g sugars, 22 g pro*

Start with

BEEF ROAST

Picante POT ROAST

Separate roast and liquid from one 15-oz. pkg. refrigerated **beef pot roast au jus.** To a 10-inch skillet add liquid from roast, stir in 1½ cups sliced **mushrooms** and 1 cup **picante sauce.** Cut roast into 1- to 1½-inch pieces, add to skillet. Bring to boiling, reduce heat. Simmer, covered, 10 minutes. Meanwhile, in a medium saucepan bring 1¾ cups **reduced-sodium chicken broth** to boiling. Stir in 1 cup **quick-cooking couscous;** cover and remove from heat. Let stand until liquid absorbs, about 5 minutes. Fluff couscous with a fork. Stir in 2 Tbsp. chopped fresh **cilantro.** Serve roast mixture over couscous. If you like, serve with halved **grape tomatoes** and sliced **avocado.** Makes 4 servings.

Italian-Style BEEF SLIDERS WITH PEPPERONCINI SLAW

Place one 15-oz. pkg. refrigerated **beef pot roast au jus** in a medium saucepan, breaking up any large pieces. Add 2 cups frozen **pepper stir-fry vegetables,** ½ tsp. **Italian seasoning,** and ⅛ to ¼ tsp. **crushed red pepper.** Cook over medium just until boiling, stirring frequently. Meanwhile, for slaw, in a medium bowl combine 2 cups **shredded cabbage with carrot (coleslaw mix);** ½ cup **pepperoncini peppers,** stemmed and chopped, 2 Tbsp. **pepperoncini brine;** and ½ tsp. **Italian seasoning.** Split twelve 2- to 3-inch **rolls.** Serve roast mixture on rolls with slaw. Makes 12 sliders.

Packaged cooked beef pot roast as jus has the slow simmering step completed, so you get to skip right to the good part—heating and eating!

No-Prep BRUNSWICK STEW

In a 4-qt pot combine 4 cups **water,** one 28-oz can **fire-roasted crushed tomatoes,** 2 cups frozen diced **hash brown potatoes with onions and peppers,** 2 cups frozen **whole kernel corn** and/or **lima beans,** one 15-oz pkg refrigerated **beef pot roast au jus** broken into chunks, ½ of a 16-oz pkg refrigerated **shredded pork with barbecue sauce,** and 1 Tbsp **Worcestershire sauce.** Bring to boiling, reduce heat. Simmer, uncovered, stirring occasionally, until potatoes are tender, 15 to 20 minutes. If you like, serve with **corn bread.** Makes 6 servings.

Mexican-Style BEEF AND TORTILLAS

Wrap eight 5- to 6-inch **corn tortillas** in paper towels. Microwave until warm, 45 to 60 seconds. Microwave one 15-oz pkg refrigerated **beef pot roast au jus** according to package directions. Meanwhile, place one 14.5-oz can **diced tomatoes with green chiles** (undrained) in a small saucepan; heat through. Remove roast, reserving juices, slice roast. Serve roast on warm tortillas with tomatoes and 1 cup sliced **green bell pepper.** Drizzle with reserved beef juices. Serve with **lime wedges.** If you like, top with diced **onion** and chopped fresh **cilantro.** Makes 4 servings.

Soup's On!

WITH JUST 5 INGREDIENTS

Chicken and Dumplings SOUP

START TO FINISH 15 minutes

- 1 14.5-oz. can reduced-sodium chicken broth
- 1 green onion, white finely chopped and green thinly sliced, divided
- ¼ tsp. crushed red pepper (optional)
- 12 to 16 frozen mini chicken wontons (such as Chicken Cilantro Mini Wontons)
- ¼ cup frozen green peas
- 1 tsp. reduced-sodium soy sauce

In a medium saucepan combine broth, chopped green onion white, and crushed red pepper (if using). Bring to boiling. Add frozen wontons; cook, uncovered, according to package directions. Add peas; cook until heated through, 1 minute. Stir in soy sauce. Top with sliced green onion. **Makes 2 servings.**

PER SERVING *81 cal, 1 g fat (0 g sat fat), 5 mg chol, 739 mg sodium, 13 g carb, 2 g fiber, 2 g sugars, 7 g pro*

Meatball and Orzo **SOUP** with Spinach

START TO FINISH 25 minutes

- 1 14.5-oz. can reduced-sodium beef or chicken broth
- 1 cup water
- 6 to 8 oz. frozen Italian-style or beef meatballs
- 1 tsp. dried Italian seasoning
- ½ cup dried orzo pasta
- 1 cup fresh spinach
- Grated or shaved Parmesan cheese (optional)

In a medium saucepan combine broth, the water, meatballs, and Italian seasoning. Bring to boiling, reduce heat. Simmer, covered, about 5 minutes. Stir in orzo; cook until meatballs are cooked through and orzo is done, about 10 minutes more. Stir in spinach. If you like, sprinkle with Parmesan. **Makes 2 servings.**

PER SERVING *315 cal, 19 g fat (7 g sat fat), 56 mg chol, 1,051 mg sodium, 20 g carb, 4 g fiber, 4 g sugars, 17 g pro*

Spring Egg Drop **SOUP** *with Pesto*

START TO FINISH 10 minutes

- 1 14.5-oz. can reduced-sodium chicken broth
- 1½ cups frozen mixed vegetables (carrots, corn, green beans, and peas)
- 1 tsp. lemon zest
- 1 Tbsp. fresh lemon juice
- 2 eggs, lightly beaten
- 2 Tbsp. purchased basil pesto
- Sliced crusty country bread (optional)

In a medium saucepan combine broth, frozen vegetables, lemon zest, and juice. Bring soup just to a simmer, stirring occasionally. Gradually add eggs to soup, stirring gently, until eggs begin to form threads. Remove from heat. Cover and let stand 4 minutes. Stir in pesto. If you like, serve with additional pesto, lemon wedges, and/or bread.

Makes 2 servings.

PER SERVING *202 cal, 10 g fat (3 g sat fat), 186 mg chol, 728 mg sodium, 15 g carb, 3 g fiber, 5 g sugars, 12 g pro*

Quick Pork RAMEN

START TO FINISH 17 minutes

- 1 **6-oz. ribeye pork chop or beef sirloin, thinly sliced**
- **Salt and black pepper**
- 1 **tsp. olive oil**
- 1 **14.5-oz. can reduced-sodium beef broth**
- 1 **cup water**
- 1 **3-oz. pkg. beef flavor ramen noodles (reserve seasoning packet)**
- 1 **medium carrot, peeled and cut into matchsticks (1 cup)**
- **Fresh cilantro**

1. Sprinkle pork with salt and pepper. In a medium saucepan heat oil over medium-high. Add pork, cook until browned and cooked through, about 3 minutes. Transfer pork to a plate.

2. Add broth and the water to saucepan, stirring to scrape up any browned bits. Bring to boiling. Add ramen noodles, cook according to package directions, adding carrot the last minute of cooking. Stir in pork and ½ to ¾ tsp. of the seasoning packet. Top servings with cilantro. **Makes 2 servings.**

PER SERVING *428 cal, 21 g fat (8 g sat fat), 51 mg chol, 1,105 mg sodium, 33 g carb, 3 g fiber, 4 g sugars, 24 g pro*

Sausage and Tortellini SOUP

START TO FINISH 20 minutes

- 1 tsp. olive oil
- 4 oz. bulk Italian sausage
- ¼ cup chopped onion
- 1 14.5-oz. can reduced-sodium chicken broth
- 1 to 1½ cups fresh or frozen cheese tortellini (3 to 5 oz.)
- 1 cup finely chopped fresh kale
- Shredded Parmesan cheese (optional)

In a medium saucepan heat oil over medium-high. Add sausage and onion; cook until browned, about 5 minutes. Add broth, stirring to scrape up any browned bits. Bring to boiling. Add tortellini; cook, uncovered, according to package directions. Remove from heat. Stir in kale; let stand until kale is wilted, about 4 minutes. If you like, top servings with Parmesan. **Makes 2 servings.**

PER SERVING *392 cal, 21 g fat (7 g sat fat), 68 mg chol, 1,132 mg sodium, 30 g carb, 2 g fiber, 3 g sugars, 21 g pro.*

Make It
BROTHY
Add up to ⅓ cup water if you like a thinner soup.

REIMAGINE *Pizza* NIGHT

There's more than one way to spin pizza to capture
these beloved flavors. With a few easy swaps,
these pizza-inspired recipes take the cheesy,
saucy concept and flip it upside down.

REFRIGERATED
LARGE FLAKY
PEPPERONI PIZZA
BOMBS,
P. 54

Pepperoni PIZZA BOMBS

PICTURED ON *P. 53*
HANDS ON 20 minutes
AIR-FRY 9 minutes per batch at 350°F

- 1 16-oz. pkg. refrigerated large flaky biscuits (8)
- ¼ cup pizza sauce
- 16 slices pepperoni
- 4 sticks mozzarella string cheese, cut into 1-inch pieces (4 pieces per stick)
- 3 Tbsp. plus 2 tsp. grated Parmesan cheese, divided
- 2 Tbsp. salted butter, melted
- ½ tsp. dried Italian seasoning, crushed

1. Separate biscuits and roll each into a 5-inch circle. Top each biscuit with 1½ tsp. pizza sauce; spread to within ½ inch of the edge. Top each with 2 slices pepperoni (overlapping as needed), 2 mozzarella pieces, and 1 tsp. Parmesan. Pull sides of biscuits up around filling and pinch together to seal.
2. In a small bowl, combine butter and Italian seasoning. Brush butter mixture over biscuits and sprinkle with remaining 1 Tbsp. Parmesan.
3. Working in batches if needed, arrange biscuits, sealed sides down, in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 9 to 10 minutes, turning once after 6 minutes, or until golden brown.
4. If you like, serve with additional pizza sauce and Parmesan. **Makes 8 pizza bombs.**

PER BOMB *275 cal, 14 g fat (7 g sat fat), 24 mg chol, 703 mg sodium, 27 g carb, 1 g fiber, 6 g sugars, 9 g pro*

MAKE IT *Ahead*

Prepare pizza bombs as directed through Step 2. Transfer to an airtight container and chill up to 24 hours. Air-fry as directed.

Pizza DIP

HANDS ON 20 minutes **BAKE** 25 minutes at 350°F

- 1 14.5-oz. can diced tomatoes, undrained
- 2 tsp. dried Italian seasoning, crushed
- ¼ tsp. garlic salt
- ¼ tsp. onion powder
- 1 8-oz. pkg. cream cheese, softened
- 1 cup finely shredded Italian-blend cheese (4 oz.), divided
- ½ cup sour cream
- 1 5-oz. pkg. miniature sliced pepperoni
- ⅓ cup chopped fresh mushrooms
- ⅓ cup chopped green bell pepper
- Italian bread shell (such as Boboli), warmed and cut into small wedges, and/or baguette slices

1. Preheat oven to 350°F. In a blender, combine first four ingredients (through onion powder). Cover and blend until well mixed.
2. In a medium bowl, combine cream cheese, ½ cup of the Italian cheese, and the sour cream. Spread cream cheese mixture in a 9-inch pie plate. Top with half of the pepperoni. Pour tomato mixture over pepperoni. Sprinkle with remaining ½ cup Italian cheese, remaining pepperoni, the mushrooms, and bell pepper.
3. Bake until bubbly and lightly browned, about 25 minutes. Serve dip with bread. **Makes 4 cups**

PER 2 TBSP. *100 cal, 6 g fat (3 g sat fat), 17 mg chol, 238 mg sodium, 7 g carb, 0 g fiber, 1 g sugars, 3 g pro*

BBQ Ham and Pineapple PIZZA POCKETS

HANDS ON 15 minutes **AIR-FRY** 10 minutes per batch at 350°F

- ¾ cup shredded pepper Jack cheese (3 oz.)
- ½ cup diced cooked ham
- 3 Tbsp. diced fresh pineapple
- 2 strips bacon, crisp-cooked and crumbled
- 2 Tbsp. barbecue sauce
- 1 green onion, thinly sliced
- 1 8-oz. pkg. refrigerated crescent dough sheet

1. For filling, in a medium bowl combine first six ingredients (through green onion).

2. On a lightly floured surface, unfold and roll out dough sheet into a 12x8-inch rectangle. Cut dough into four 6x4-inch rectangles. Place one-fourth of the filling on one half of each rectangle, leaving a ½-inch border. Fold dough edges over filling. Press edges together and seal with a fork. Vent tops (tip, *below left*).

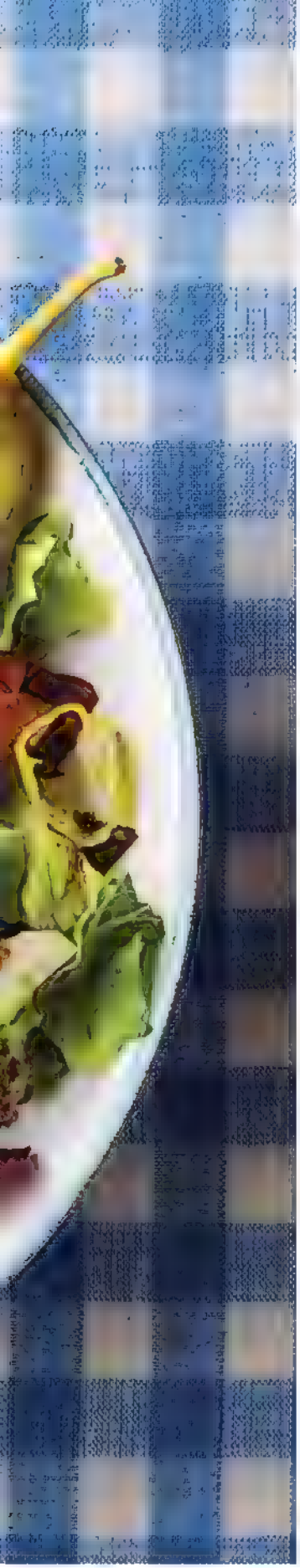
3. Working in batches if needed, arrange pizza pockets in a single layer in air-fryer basket. Cook at 350°F until golden brown and centers are hot, 10 to 12 minutes. **Makes 4 pizza pockets.**

PER POCKET *301 cal, 13 g fat (6 g sat fat), 35 mg chol, 945 mg sodium, 32 g carb, 0 g fiber, 8 g sugars, 12 g pro*

Vent IT!
To let some steam release, vent the pizza pockets by cutting a shallow slit or by pricking tops with a fork.

PIZZA SALAD WITH BREADSTICKS

REFRIGERATED PIZZA DOUGH



Pizza **SALAD** with Breadsticks

HANDS ON 20 minutes **BAKE** 15 minutes at 400°F

- 1 lb. purchased refrigerated pizza dough
- ¼ cup plus 3 Tbsp. olive oil, divided
- 1 tsp. dried Italian seasoning, crushed
- 1 tsp. garlic powder, divided
- ½ tsp. fennel seeds, crushed
- ¼ tsp. plus ⅛ tsp. salt, divided
- Pinch crushed red pepper (optional)
- 3 Tbsp. drained oil-packed dried tomatoes, finely chopped
- 3 Tbsp. finely grated Parmesan cheese
- 2⅓ Tbsp. balsamic vinegar
- ⅛ tsp. black pepper
- 7 cups chopped romaine lettuce
- 2 cups chopped radicchio
- 1 8-oz. container bite-size marinated mozzarella balls (bocconcini)
- 1 cup frozen artichoke hearts, thawed and chopped
- 2 oz. pepperoni slices, halved
- 1 2.5-oz. can sliced black olives, drained
- ¼ cup sliced pickled pepperoncini salad peppers
- ¼ cup small fresh basil leaves

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. For breadsticks, on a lightly floured surface, stretch and roll pizza dough into a 14x8-inch rectangle. Cut dough into ½-inch-thick strips and arrange on prepared baking sheet, spacing 1 inch apart. In a small bowl stir together the 3 Tbsp. oil, the Italian seasoning, ½ tsp. of the garlic powder, the fennel seeds, ¼ tsp. of the salt, and the crushed red pepper (if using). Brush oil mixture over dough strips. Bake, turning once, until golden brown and cooked through, 15 to 20 minutes.
3. Meanwhile, for dressing, in a large bowl whisk together dried tomatoes, Parmesan, vinegar, remaining ½ tsp. garlic powder, remaining ⅛ tsp. salt, and the black pepper. Gradually whisk in the ¼ cup oil.
4. For salad, add next seven ingredients (through pepperoncini peppers) to bowl with dressing, toss to coat. Top with basil and serve with breadsticks. If you like, sprinkle with additional Parmesan and crushed red pepper. **Makes 6 servings**

PER SERVING *603 cal, 44 g fat (9 g sat fat), 27 mg chol, 975 mg sodium, 42 g carb, 5 g fiber, 5 g sugars, 14 g pro.*

Bubble **PIZZA**

HANDS ON 15 minutes
BAKE 38 minutes at 400°F
STAND 10 minutes

- 2 12-oz. pkg. refrigerated biscuits (20)
- 1 lb. lean ground beef
- 8 oz. ground Italian sausage
- 1 cup chopped onion
- 1 15-oz. can pizza sauce
- 1½ cups shredded mozzarella cheese (6 oz.)
- 1 cup shredded cheddar cheese (4 oz.)

1. Preheat oven to 400°F. Grease a 3-qt. rectangular baking dish. Separate dough rounds and place in a single layer in prepared baking dish. Bake 8 minutes.
2. Meanwhile, in a 10-inch skillet cook beef, sausage, and onion until meat is browned. Drain off fat. Stir in pizza sauce. Spoon beef mixture over partially baked biscuits.
3. Bake, uncovered, 20 minutes. Top with the cheeses. Bake until cheese is melted, 10 minutes more. Let stand 10 minutes before serving. **Makes 12 servings.**

PER SERVING *391 cal, 21 g fat (9 g sat fat), 57 mg chol, 886 mg sodium, 30 g carb, 1 g fiber, 7 g sugars, 19 g pro.*

Two Meat
PIZZA SOUP
Prepare as directed, except add ½ of a 5-oz pkg. miniature sliced pepperoni when cooking the sausage

CANNED PETITE DICED TOMATOES

Supreme Sausage PIZZA SOUP

HANDS ON 15 minutes **COOK** 20 minutes

- 1 lb. ground Italian sausage
- 1 Tbsp. olive oil
- 1 8-oz. pkg. fresh button mushrooms, coarsely chopped
- ¾ cup chopped onion
- ¾ cup chopped green bell pepper
- 1½ tsp. minced garlic (3 cloves)
- ¼ tsp. crushed red pepper (optional)
- 1 15-oz. can petite diced tomatoes, undrained
- 1 14.5-oz. can reduced-sodium chicken broth
- 1 8-oz. can tomato sauce
- 1 4-oz. can sliced black olives, drained
- 1 Tbsp. dried Italian seasoning, crushed
- Grated Parmesan cheese and/or shredded Italian-blend cheeses (optional)
- Soft breadsticks (optional)

1. In a 4- to 5-qt. pot cook sausage over medium until browned. Remove sausage from pot and drain on paper towels.

2. In same pot heat oil over medium-low. Add next four ingredients (through garlic) and crushed red pepper (if using). Cook, stirring occasionally, until vegetables are just softened, about 10 minutes.

3. Add the sausage and next five ingredients (through Italian seasoning) to pot. Bring to boiling, reduce heat. Simmer, uncovered, stirring occasionally, 20 minutes. If you like, sprinkle with cheese and serve with breadsticks. **Makes 4 servings.**

PER SERVING *411 cal, 26 g fat (9 g sat fat), 72 mg chol, 1,362 mg sodium, 19 g carb, 3 g fiber, 9 g sugars, 21 g pro.*

Shredded Beef and Caramelized Onion
STROMBOLI

HANDS ON 20 minutes
BAKE 30 minutes at 375°F **COOL** 10 minutes

- 1 Tbsp. salted butter
- 1 large sweet onion, halved and thinly sliced
- 1 tsp. chopped fresh thyme
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 tsp. olive oil
- 1 Tbsp. cornmeal
- 1 lb. purchased refrigerated pizza dough
- 1 15-oz. pkg. refrigerated cooked beef roast au jus
- ¾ cup shredded mozzarella cheese (3 oz.), divided
- ¾ cup shredded smoked Gouda cheese (3 oz.), divided
- ½ cup sliced pepperoncini salad peppers
- 1 egg yolk
- 1 tsp. water

1. For caramelized onions, in a 10-inch skillet melt butter over medium. Add onion, thyme, salt, and black pepper; cook covered, stirring occasionally, until onion is tender, 13 to 15 minutes. Uncover; cook, stirring occasionally, until onion is golden, 4 to 6 minutes more.

2. Meanwhile, preheat oven to 375°F. Line a 15x10-inch baking pan with foil. Brush with oil and sprinkle with cornmeal.

3. On a lightly floured surface, roll dough to a 13x10-inch rectangle. Transfer dough to prepared pan.

4. Heat beef roast au jus according to package directions. Remove roast from au jus; shred roast. Reserve au jus for serving; keep warm.

5. Arrange shredded beef on dough, leaving a ½-inch border. Sprinkle with half of the cheeses. Top with the caramelized onion and pepperoncini peppers. Top with remaining cheeses.

6. Starting from a long side, roll up dough around filling. Pinch seam and ends to seal. In a bowl whisk together egg yolk and the water; brush over dough. Using a sharp knife, cut shallow slits on top to vent.

7. Bake until golden brown, 30 to 40 minutes. Cool 10 minutes. Cut into slices. Serve with reserved au jus. **Makes 8 servings.**

PER SERVING *321 cal, 13 g fat (6 g sat fat), 68 mg chol, 738 mg sodium, 32 g carb, 1 g fiber, 4 g sugars, 18 g pro.*

THE *Sheet-Pan* SOLUTION

Keep the whole dinner corralled with these all-in-one recipe heroes. There's nothing square about a jumbo beefy quesadilla, oven stir-fry, or pierogi pileup.

General Tso SHEET-PAN CHICKEN AND VEGETABLES

HANDS ON 10 minutes
BAKE 25 minutes at 400°F

- 1 cup bite-size strips red bell pepper
- 1 Tbsp. vegetable oil, divided
- ½ of a 24- to 29-oz. pkg. frozen cooked, breaded popcorn chicken
- 3 cups fresh broccoli florets
- 1 cup bottled General Tso sauce, divided
- ¼ cup slivered green onions
- 2 tsp. toasted sesame seeds
- Hot cooked rice (optional)

1. Preheat oven to 400°F. Line a 15x10-inch baking pan with foil. Place bell pepper in prepared pan. Drizzle with 1½ tsp. of the oil; toss to coat. Add chicken to pan. Spread in an even layer. Bake 10 minutes.

2. Add broccoli and remaining 1½ tsp. oil to pan; toss to coat. Bake until chicken is heated through (165°F) and vegetables are tender, about 15 minutes.

3. Drizzle chicken mixture with ½ cup General Tso sauce; toss to coat. Top with green onions and sesame seeds. If you like, serve with rice and the remaining sauce. **Makes 4 servings.**

PER SERVING *417 cal, 18 g fat (4 g sat fat), 1 mg chol, 1,332 mg sodium, 51 g carb, 6 g fiber, 42 g sugars, 14 g pro.*

FROZEN COOKED, BREADED POPCORN CHICKEN

TACO
SEASONING
MIX
BEEF AND PEPPERS
JUMBO QUESADILLA
P. 85

KOREAN-INSPIRED PORK CHOPS WITH CARROTS, P. 85
GOCHUJANG SAUCE
WHAT IS GOCHUJANG?
Gochujang sauce is a Korean condiment made of fermented soybeans, rice, and gochugaru (Korean chile flakes). Look for it in Asian markets or large supermarkets or order online.
ONE-PAN PIEROGI SUPPER, P. 85
FROZEN POTATO PIEROGIES

Jerk Salmon with SWEET POTATOES

HANDS ON 15 minutes
ROAST 25 minutes at 425°F

- **2** medium sweet potatoes, sliced into ¼-inch wedges
- **2** Tbsp. olive oil, divided
- **4** tsp. Jamaican jerk seasoning, divided
- **4** 5-oz. skinless salmon fillets, 1½ to 2 inches thick
- **1** 8-oz. can pineapple tidbits, drained and chopped
- **¼** cup finely chopped red onion
- **¼** cup chopped fresh cilantro
- **2** Tbsp. fresh lime juice
- **1** Tbsp. finely chopped jalapeño pepper (tip, *below*) (optional)
- Lime wedges

1. Preheat oven to 425°F. Line a 15x10-inch baking pan with foil. Place potatoes in one half of prepared pan. Drizzle with 1 Tbsp. of the oil. Sprinkle with 2 tsp. of the jerk seasoning; toss to coat. Roast until nearly tender, about 15 minutes.

2. Meanwhile, brush salmon with remaining 1 Tbsp. oil; sprinkle evenly with remaining 2 tsp. jerk seasoning. Place salmon in pan with potatoes. Roast, turning salmon once, until salmon flakes easily (145°F) and potatoes are browned, 10 to 12 minutes more.

3. For salsa, in a medium bowl stir together next four ingredients (through lime juice) and jalapeño (if using).

4. Top salmon with salsa. Serve with potatoes and lime wedges. **Makes 4 servings.**

PER SERVING *345 cal, 16 g fat (2 g sat fat), 78 mg chol, 380 mg sodium, 25 g carb, 3 g fiber, 7 g sugars, 30 g pro*

Hot TIP

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them

Beef and Peppers Jumbo QUESADILLA

PICTURED ON P. 62
HANDS ON 30 minutes
BAKE 23 minutes at 425°F **STAND** 5 minutes

- ¼ cup salted butter, melted, divided
- 1 Tbsp. olive oil
- 2 cups chopped red and/or orange bell peppers
- 1½ cups chopped onion
- 1 lb. ground beef
- 1 1-oz. pkg. taco seasoning mix
- 1 14.75-oz. can fire-roasted corn, drained
- ¼ cup chopped fresh cilantro
- 2 Tbsp. fresh lime juice
- 8 10-inch flour tortillas (burrito-size)
- 4 cups shredded Mexican-style four-cheese blend (1 lb.), divided
- Sour cream, shredded lettuce, and/or pico de gallo

1. Preheat oven to 425°F. Brush an 18x13-inch baking pan with 2 Tbsp. of the melted butter.
2. In a 10-inch skillet, heat oil over medium-high. Add peppers and onion. Cook, stirring occasionally, until tender, 8 to 10 minutes. Transfer to a large bowl. Add ground beef to same skillet. Cook over medium until browned, 7 to 9 minutes, drain off any fat. Add taco seasoning and ¼ cup *water* to skillet; stir until well combined. Transfer to bowl with peppers.
3. Add corn, cilantro, and lime juice to pepper mixture; stir until combined.
4. Arrange two tortillas along one long side of prepared pan, overlapping slightly and with half hanging over the rim, repeat on the other long side. Arrange one tortilla at each of the short sides, overlapping slightly and with half hanging over the rim. Place one tortilla in center of pan to cover bottom. Sprinkle 2 cups of the cheese over tortillas. Spoon beef mixture over cheese, sprinkle remaining 2 cups cheese over top.
5. Place remaining tortilla in center on top of filling, fold overhanging tortillas to completely enclose filling, pressing down firmly. Brush tops of tortillas with remaining 2 Tbsp. melted butter. Place another 18x13-inch baking pan on top, press lightly.
6. Bake 20 minutes. Remove top baking pan. Bake until top is golden brown and crisp, 3 to 5 minutes more. Let stand 5 minutes. Cut into 8 pieces. Serve with sour cream, lettuce, and/or pico de gallo.
Makes 8 servings.
PER SERVING *665 cal, 40 g fat (20 g sat fat), 111 mg chol, 1,155 mg sodium, 47 g carb, 5 g fiber, 7 g sugars, 31 g pro*

Korean-Inspired PORK CHOPS WITH CARROTS

PICTURED ON P. 63
HANDS ON 10 minutes
CHILL 30 minutes
ROAST 27 minutes at 425°F
STAND 3 minutes

- ¼ cup gochujang sauce
- 2 Tbsp. ketchup
- 2 Tbsp. reduced-sodium soy sauce
- 1½ tsp. minced garlic (3 cloves)
- 1 tsp. toasted sesame oil
- 4 8- to 10-oz. bone-in center-cut pork chops (¾ inch thick)
- Nonstick cooking spray
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 Tbsp. vegetable oil
- 1½ lb. carrots, halved lengthwise and cut into 4-inch pieces
- Sliced green onions and/or toasted sesame seeds (optional)

1. In a 3-qt. rectangular baking dish, whisk together first five ingredients (through sesame oil) until combined. Add pork chops and turn to coat with mixture. Cover and chill at least 30 minutes or up to 10 hours.
2. Preheat oven to 425°F. Coat a 15x10-inch baking pan with cooking spray. Remove pork chops from marinade and transfer to a tray, reserve marinade. Sprinkle chops with salt and pepper.
3. Whisk vegetable oil into reserved marinade. Add carrots, toss to coat. Arrange carrots in an even layer in prepared baking pan. Roast 15 minutes. Turn carrots and add pork chops to pan. Bake until pork is done (145°F), 12 to 15 minutes more. Remove, let stand 3 minutes.
4. Serve pork chops with carrots. If you like, sprinkle with green onions and/or sesame seeds. **Makes 4 servings.**
PER SERVING *373 cal, 12 g fat (2 g sat fat), 108 mg chol, 1,066 mg sodium, 30 g carb, 6 g fiber, 15 g sugars, 38 g pro*

ONE-PAN *Pierogi Supper*

PICTURED ON P. 63
HANDS ON 15 minutes
ROAST 30 minutes at 400°F

- 3 Tbsp. olive oil
- 4 tsp. fresh lemon juice, divided
- 1 Tbsp. whole grain mustard, divided
- 1 Tbsp. chopped fresh dill, divided
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 16-oz. pkg. frozen potato pierogies
- 1 10- to 12-oz. pkg. frozen beef meatballs
- 2 cups fresh Brussels sprouts, trimmed and halved or quartered
- 1 small red onion, cut into thin wedges
- ½ cup sour cream

1. Preheat oven to 400°F. Line a 15x10-inch pan with parchment paper.
2. In a large bowl, combine oil, 2 tsp. of the lemon juice, 1 tsp. of the mustard, 1 tsp. of the dill, the salt, and pepper. Add pierogies, meatballs, Brussels sprouts, and red onion to oil mixture, toss to coat evenly. Transfer mixture to prepared pan.
3. Roast, stirring once halfway through, until Brussels sprouts are tender, about 30 minutes.
4. Meanwhile, in a small bowl combine sour cream and remaining 2 tsp. each lemon juice, mustard, and dill. Serve pierogi mixture with sour cream mixture and, if you like, additional fresh dill.
Makes 4 servings.
PER SERVING *589 cal, 37 g fat (12 g sat fat), 59 mg chol, 1,365 mg sodium, 46 g carb, 3 g fiber, 6 g sugars, 19 g pro*

What's a PIEROGI?

A beloved staple throughout Eastern Europe, these tiny dumplings consist of an unleavened dough that's traditionally stuffed with a creamy potato filling.

Start with CHICKEN STRIPS

Buffalo BIRD DOGS

Prepare 8 frozen cooked, **breaded chicken strips** (10 to 12 oz. total) according to package directions. Meanwhile, lightly toast 4 **hot dog buns.** Toss cooked chicken strips with ¼ cup purchased **buffalo wing sauce.** Place 2 chicken strips on each bun. Drizzle each sandwich with 1 Tbsp. **ranch** or **blue cheese dressing** and top with sliced **green onion.** Makes 4 sandwiches

Crunchy chicken tenders are already breaded and fried—all you need to do is add the extras for fun meals that are guaranteed to steal the show.

Crispy Asian-Style CHICKEN SALAD

Prepare 8 frozen cooked, **breaded chicken strips** (10 to 12 oz. total) according to package directions, cool slightly and chop. Spread one 14-oz. pkg. **shredded cabbage with carrot (coleslaw mix)** on a platter. Drizzle coleslaw with ⅓ cup bottled **Asian-style ginger salad dressing;** toss to coat. Top with one 11-oz. can **mandarin oranges** (drained), chopped chicken, ½ cup **chow mein noodles,** and fresh **cilantro leaves.** Makes 4 servings

Loaded MASHED POTATO BOWLS

Prepare 8 frozen cooked, **breaded chicken strips** (10 to 12 oz. total) according to package directions, cool slightly. Heat one 24-oz. pkg. refrigerated **mashed potatoes** according to package directions, divide among 4 bowls. Top each bowl with ⅓ cup warmed **brown gravy,** ¼ cup cooked frozen **whole kernel corn,** two chicken strips, and ¼ cup shredded **cheddar cheese.** Makes 4 bowls.

Chicken and Waffle SLIDERS

Prepare 4 frozen cooked, **breaded chicken strips** (5 to 6 oz. total) according to package directions, cool slightly and cut each into three pieces. Meanwhile, prepare 24 frozen **mini waffles** according to package directions. Brush one side of each waffle with 1 Tbsp. melted **salted butter.** Place one piece of chicken on buttered side of 12 waffles. Drizzle with **honey, hot honey,** or **maple syrup;** top each with 1 **dill pickle slice.** Top with remaining waffles, buttered sides down. If you like, serve with additional honey, hot honey, or maple syrup. Makes 12 sliders.

DINNER IN *Hand*

When it comes to handhelds, the saying is true: What's on the inside is what really counts. These fillings combine hearty sustenance with pick-up-and-eat convenience for simple dinners when it's crunch time.

REFRIGERATED
SHORTCUT STEAMED
BAO BUNS,
p. 72

Make It
AHEAD

Prepare sandwiches through Step 2. Cover and chill up to 24 hours. Uncover; drizzle with butter and cover with foil. Bake as directed in Step 3.

Barbecue Pork SLIDERS

HANDS ON 25 minutes
BAKE 25 minutes at 350°F

- 6 Tbsp. salted butter, divided
- 2 Tbsp. olive oil
- 2 large onions, halved and thinly sliced (3 cups)
- ½ tsp. salt
- ¼ tsp. black pepper
- 12 Hawaiian sweet rolls, split
- 1 lb. refrigerated shredded pork with barbecue sauce
- 6 oz. thinly sliced white cheddar cheese

1. In a 12-inch skillet heat 2 Tbsp. of the butter and the oil over medium. Add onions, salt, and pepper. Cook, stirring occasionally, until very tender and starting to brown, about 15 minutes.
2. Preheat oven to 350°F. Arrange roll bottoms in a 13x9-inch baking pan or 3-qt. rectangular baking dish. Layer roll bottoms with pork, onions, and cheese. Add roll tops.
3. Melt remaining 4 Tbsp. butter. Drizzle over rolls. Cover with foil. Bake 15 minutes. Uncover, bake until cheese is melted and roll tops are light brown, 10 to 15 minutes more. **Makes 12 sliders.**

PER SLIDER *327 cal, 19 g fat (10 g sat fat), 64 mg chol, 478 mg sodium, 27 g carb, 1 g fiber, 14 g sugars, 12 g pro*

Monte Cristo SLIDER MELTS

Prepare as directed, except substitute twelve 3-inch brioche buns, split in half, for the Hawaiian sweet rolls. Omit Step 1. Layer 12 hard-fried eggs (yolks broken) over bun bottoms in pan before topping with meat. Substitute 6 oz. each thinly sliced deli ham and turkey for the pork and Swiss cheese for the white cheddar. Spread cut sides of roll tops with ½ cup raspberry jam. Before serving, dust with powdered sugar.

PER SLIDER *350 cal, 14 g fat (5 g sat fat), 245 mg chol, 552 mg sodium, 36 g carb, 2 g fiber, 13 g sugars, 21 g pro*

Meatball PITA SANDWICHES *with Green Goddess White Bean Dip*

START TO FINISH 20 minutes

- 1 15-oz. can cannellini beans, rinsed and drained
- 1 tsp. lemon zest (set aside)
- 2 Tbsp. fresh lemon juice
- 2 cloves garlic, peeled
- ¼ tsp. salt
- ¼ cup olive oil
- ½ cup chopped, loosely packed fresh flat-leaf parsley
- ½ cup chopped, loosely packed fresh basil
- ¼ cup chopped fresh chives
- 12 oz. frozen cooked turkey meatballs
- 4 6- to 7-inch whole grain pita bread rounds, halved crosswise, warmed
- 1½ cups torn mixed salad greens
- 1 cup thinly sliced cucumber
- Quartered grape tomatoes and/or thinly sliced red onion (optional)

1. In a blender or food processor combine beans, lemon juice, garlic, and salt. Cover and blend until smooth, stopping and scraping sides as necessary. With blender or processor running, add oil in a steady stream until mixture is smooth. Add parsley, basil, and chives. Cover and blend until combined. Transfer dip to a bowl. Top with lemon zest and, if you like, additional fresh chives and oil.
2. Heat meatballs according to package directions. Open each pita half and spread with 1 to 2 Tbsp. dip. Gently stuff with mixed greens, cucumber, and meatballs. If you like, top with additional dip, tomatoes, and/or onion. **Makes 4 servings.**

PER SERVING *525 cal, 24 g fat (5 g sat fat), 30 mg chol, 967 mg sodium, 56 g carb, 10 g fiber, 3 g sugars, 30 g pro.*

Smashed Croissant Ham and Cheese SANDWICHES

START TO FINISH 40 minutes

- 4 baked croissants
- ¼ cup stone ground mustard
- 8 thin slices deli ham (8 oz.)
- 1 cup shredded Gruyère cheese (4 oz.)
- 1 cup shredded white cheddar cheese (4 oz.)
- ⅓ cup salted butter, divided
- ¼ cup honey, divided

1. Cut a slit into the long side of each croissant, leaving the ends connected to create a pocket. Spread 1 Tbsp. mustard inside each croissant pocket.
2. Place 2 slices of ham and ¼ cup each Gruyère and cheddar inside each croissant pocket.
3. Transfer filled croissants to a cutting board or clean work surface. Using a rolling pin or heavy pot, flatten each croissant to seal ham and cheese inside.
4. In a 10-inch nonstick skillet melt 2 Tbsp. of the butter over medium-low. Add 1 sandwich to skillet. Weigh sandwich down by placing a heavy pan or skillet on top. Cook until exterior is starting to brown, 3 to 4 minutes per side.
5. Brush or drizzle 1 Tbsp. of the honey over sandwich to coat both sides. Cook, turning once halfway, until honey has caramelized and croissant is crispy, 2 to 3 minutes. Transfer to a plate.
6. Using a paper towel, wipe out pan. Repeat with remaining butter, sandwiches, and honey. Serve warm. **Makes 4 sandwiches.**

PER SANDWICH *774 cal, 55 g fat (33 g sat fat), 182 mg chol, 1,529 mg sodium, 45 g carb, 1 g fiber, 24 g sugars, 29 g pro*

Shortcut Steamed BAO BUNS

PICTURED ON *P. 69*
HANDS ON 20 minutes
STEAM 10 minutes

- 1 7.5-oz. pkg. refrigerated biscuits (10)
- Nonstick cooking spray
- 1 cup shredded cooked chicken
- ¼ cup hoisin sauce
- 2 tsp. chili paste (sambal oelek)
- 1½ tsp. rice vinegar
- 1 tsp. packed brown sugar
- ½ cup packaged julienned carrots
- ½ cup sliced green onions
- Fresh cilantro leaves

1. Fill a 12-inch skillet with 1 inch of water. Bring to boiling over medium-high. Line a steamer basket or bamboo steamer with parchment paper. Poke four to six evenly spaced holes in paper. Press biscuits into 3-inch rounds, coat tops with cooking spray. Fold biscuits in half and place 1 inch apart and away from edge, in prepared basket. Place basket in skillet. Steam, covered, until puffed, 10 minutes. Remove basket; transfer buns to a wire rack.
2. Meanwhile, for filling, in a medium bowl combine next five ingredients (through brown sugar). Stir in carrots and green onions.*
3. Carefully open buns and fill with filling and cilantro. **Makes 10 buns**

***HEAT IT UP** If you like, microwave filling until heated through, 1 to 2 minutes.

PER BUN *115 cal, 4 g fat (1 g sat fat), 19 mg chol, 409 mg sodium, 14 g carb, 1 g fiber, 4 g sugars, 6 g pro.*

Fish TACOS with Pineapple Slaw

HANDS ON 20 minutes **BROIL** 8 minutes

- 1 6-oz. container low-fat plain yogurt
- ½ of a fresh jalapeño pepper (tip, p. 64), coarsely chopped
- ½ tsp. minced garlic (1 clove)
- ½ tsp. salt
- ¼ tsp. ground cumin
- 6 Tbsp. chopped fresh cilantro, divided
- 2 cups packaged shredded cabbage with carrot (coleslaw mix)
- 1 cup diced fresh pineapple
- ¼ cup thinly sliced green onions (2)
- Nonstick cooking spray
- 8 oz. fresh or frozen cod or other whitefish fillet(s), thawed if frozen
- 1 Tbsp. taco seasoning mix
- 4 6-inch flour tortillas, warmed
- Lime wedges (optional)

1. For sauce, in a small food processor combine first five ingredients (through cumin) and 2 Tbsp. of the cilantro; cover and process until smooth.

2. For slaw, in a medium bowl combine coleslaw mix, pineapple, green onions, and remaining 4 Tbsp. cilantro. Add sauce to slaw; stir to coat.

3. Preheat broiler. Line a baking sheet with foil. Coat foil with cooking spray.

4. Coat fish with taco seasoning. Arrange fish on prepared baking sheet. Broil 4 inches from heat until fish flakes easily, 4 to 6 minutes per ½-inch thickness of fish.

5. Break fish into chunks. Divide fish among tortillas. Top each tortilla with ¼ cup slaw. Serve with remaining slaw and, if you like, lime wedges and/or additional cilantro. **Makes 4 tacos**

PER TACO *198 cal, 3 g fat (1 g sat fat), 27 mg chol, 632 mg sodium, 26 g carb, 3 g fiber, 9 g sugars, 15 g pro.*

FISH

Any type of white fish works here, including tilapia, cod, haddock, or pollock. Before you shop, check *seafoodwatch.org* to make sustainable, environmentally friendly seafood choices.

SET & Forget

slowest. With 20 minutes of hands-on time, these slow cooker dinners simmer away while you get on with your day.

Lentil-Ham SOUP

HANDS ON 15 minutes **SLOW COOK** 6 hours (low) or 3 hours (high)

- 3 14.5-oz. cans reduced-sodium beef broth (5¼ cups)
- 1 14- to 16-oz. pkg. frozen mixed vegetables (about 3 cups)
- 1¾ cups water
- 1½ cups cubed cooked ham
- 1 cup French green lentils, rinsed
- 2 tsp. dried Italian seasoning, crushed
- ½ tsp. garlic powder
- 6 oz. baby spinach
- Finely shredded Parmesan cheese (optional)
- Baguette garlic toasts (optional)

1. In a 4- to 6-qt. slow cooker combine first seven ingredients (through garlic powder). Cover and cook until lentils are tender, 6 to 7 hours on low or 3 to 3½ hours on high.

2. Stir in spinach before serving. If you like, top servings with Parmesan and serve with baguette garlic toasts. **Makes 6 servings.**

PER SERVING *215 cal, 2 g fat (0 g sat fat), 14 mg chol, 967 mg sodium, 31 g carb, 7 g fiber, 1 g sugars, 19 g pro.*

Browning
MEAT
For more flavor, before adding roast to slow cooker, in a 6-qt. pot brown roast on all sides in 1 Tbsp. hot oil over medium-high

Mississippi POT ROAST

HANDS ON 5 minutes
SLOW COOK 8 hours (low) or 4 hours (high)

- 3 to 4 lb. beef chuck pot roast, trimmed
- 1 1-oz. pkg. ranch dry salad dressing mix
- 1 1-oz. pkg. au jus gravy mix
- 1 stick unsalted butter, cut into cubes
- 6 to 10 pepperoncini peppers
- ¼ cup pepperoncini brine or reduced-sodium beef broth
- Mashed potatoes

1. Place chuck roast in a 6-qt. slow cooker. Coat roast evenly with ranch and au jus mixes. Top with butter and pepperoncini peppers. Pour in pepperoncini brine.
2. Cover and cook until fork tender, 8 to 10 hours on low or 4 to 5 hours on high. Shred roast using two forks. Return to cooking juices. Serve warm over mashed potatoes. **Makes 8 servings.**
PER SERVING *350 cal, 19 g fat (10 g sat fat), 141 mg chol, 791 mg sodium, 5 g carb, 0 g fiber, 1 g sugars, 38 g pro.*

MEDITERRANEAN-STYLE *Chicken and Bean* STEW

HANDS ON 15 minutes **SLOW COOK** 4 hours (low) or 2 hours (high)

- 1 red onion, cut into wedges
- 2 lb. skinless, boneless chicken thighs
- 4 sprigs fresh rosemary and/or oregano
- 2 bay leaves
- 3 cups reduced-sodium chicken broth
- 2 15-oz. cans cannellini beans, rinsed and drained
- 1 14.5-oz. can diced tomatoes with basil, garlic, and oregano, undrained
- 1 6-oz. jar marinated artichoke hearts, drained and chopped
- ½ cup pitted Kalamata olives, drained and halved
- Crumbled feta cheese (optional)

1. In a 5- to 6-qt. slow cooker place onion and chicken. Top with next six ingredients (through artichokes).
2. Cover and cook on low 4 to 5 hours or high 2 to 2½ hours. Remove and discard herb sprigs and bay leaves. Transfer chicken to a medium bowl. Coarsely shred chicken using two forks. Using a potato masher, coarsely mash beans in slow cooker. Return shredded chicken to cooker; stir in olives. If you like, top with cheese. **Makes 8 servings.**

PER SERVING *284 cal, 9 g fat (2 g sat fat), 90 mg chol, 796 mg sodium, 18 g carb, 4 g fiber, 6 g sugars, 29 g pro*

Chipotle Beef and Bean FAJITAS

HANDS ON 15 minutes
SLOW COOK 8 hours (low) plus 30 minutes (high) or 4½ hours (high)

- 3 lb beef flank steaks
- Salt and black pepper
- 1 14.5-oz can fire-roasted diced tomatoes, undrained
- 1 medium onion, cut into wedges
- 4 cloves garlic, halved
- 2 canned chipotle chile peppers in adobo sauce, finely chopped (tip, p. 64)
- 1 tsp. cumin seeds, crushed
- 2 medium yellow and/or red bell peppers, cut into strips
- 1 15-oz. can pinto beans, rinsed and drained
- 16 6-inch corn or flour tortillas, warmed
- Crumbled Cotija cheese

1. Season steaks with salt and black pepper. Place in a 4- to 5-qt slow cooker, cutting to fit if necessary. Add next five ingredients (through cumin seeds).

2. Cover and cook on low 8 hours or high 4 hours. Add bell peppers and beans. If using low, turn to high. Cover and cook 30 minutes more.

3. Remove steaks to a cutting board; thinly slice across the grain. Return to cooker. Using a slotted spoon, serve steak and bean mixture on tortillas with cheese.

Makes 8 servings.

PER SERVING *410 cal, 11 g fat (4 g sat fat), 102 mg chol, 314 mg sodium, 36 g carb, 4 g fiber, 4 g sugars, 42 g pro*

Butternut Squash and Shrimp CURRY

HANDS ON 15 minutes **SLOW COOK** 7 hours (low) plus 15 minutes (high) or 3½ hours (high)

- 1 13- to 14-oz. can unsweetened coconut milk
- 2 Tbsp. packed brown sugar
- 2 Tbsp. peanut butter
- 2 Tbsp. red curry paste
- 2 Tbsp. fresh lime juice
- 4 tsp. quick-cooking tapioca, finely crushed
- 1 Tbsp. minced fresh ginger
- ½ tsp. salt
- 5 cups cubed, peeled butternut squash
- 2 cups chopped red bell peppers
- 1 lb. fresh or frozen peeled, deveined medium shrimp, thawed if frozen
- Hot cooked rice (optional)
- Chopped fresh cilantro and/or chopped peanuts (optional)

1. In a 3½- to 4-qt. slow cooker whisk together first eight ingredients (through salt). Stir in squash and bell peppers.

2. Cover and cook on low 7 to 8 hours or high 3½ to 4 hours. If using low, turn to high. Add shrimp. Cover and cook until shrimp turn opaque, about 15 minutes more. If you like, serve curry over rice and top with cilantro and/or peanuts. **Makes 6 servings.**

PER SERVING *306 cal, 14 g fat (10 g sat fat), 122 mg chol, 603 mg sodium, 28 g carb, 4 g fiber, 10 g sugars, 19 g pro.*

BIG FLAVOR, SHORTCUT *Desserts*

Low effort yields high rewards with these

ingredients—puff pastry, pie filling, pudding mix—

cut corners AND deliver delicious flavor.

RASPBERRY CREAM CHEESE SLAB DANISH, P. 88
FROZEN PUFF PASTRY SHEETS

Chocolate S'mores TRIFLE

HANDS ON 20 minutes
BAKE according to pkg. directions

- 1 18- to 18.75-oz. pkg. brownie mix
- 1 8-oz. container frozen whipped dessert topping, thawed
- 1 7-oz. jar marshmallow crème
- 3 cups honey graham cereal (such as Golden Grahams), divided
- Toasted marshmallows, broken graham crackers, and/or milk chocolate bar pieces (optional)
- Hot fudge sauce

1. Prepare brownie mix according to package directions using a 9-inch square baking pan. Cool completely on a wire rack.
2. In a medium bowl whisk together whipped dessert topping and marshmallow crème until combined.
3. To assemble, cut brownies into bars. In a 2-qt. trifle dish layer half each of the cereal, brownies, and whipped topping mixture. Repeat layers once more. If you like, top trifle with toasted marshmallows, graham cracker pieces, and/or chocolate pieces. Drizzle with fudge sauce. **Makes 8 servings.**

PER SERVING *560 cal, 26 g fat (9 g sat fat), 47 mg chol, 279 mg sodium, 95 g carb, 3 g fiber, 65 g sugars, 5 g pro.*

PURCHASED SHORTBREAD COOKIES
TOASTED COCONUT ICEBOX CAKE

Strawberry SHEET CAKE

HANDS ON 25 minutes **BAKE** 40 minutes at 350°F

- Nonstick cooking spray
- 1 lb. fresh strawberries, hulled
- 1 15.25-oz. (2-layer-size) pkg. white cake mix
- 1 3-oz. box strawberry-flavor gelatin
- 3 eggs
- ¾ cup vegetable oil
- ¼ cup salted butter, softened
- ½ of an 8-oz. pkg. cream cheese, softened
- 2 tsp. vanilla
- ⅛ tsp. salt
- 5 cups powdered sugar

1. Preheat oven to 350°F. Lightly coat a 13x9-inch baking pan with cooking spray. Place strawberries in a blender or food processor. Cover and blend until smooth. Remove 1¼ cups strawberry puree; discard remaining puree or use for topping cake.

2. For cake, in a large bowl whisk together cake mix and gelatin. Add 1 cup of the strawberry puree, the eggs, and oil. Beat with a mixer on medium until smooth, about 2 minutes. Pour batter into prepared pan.

3. Bake cake until a toothpick comes out clean, about 40 minutes (tip, *above*). Cool cake completely in pan on a wire rack.

4. Meanwhile, for frosting, in a medium bowl beat butter and cream cheese with a mixer on medium until creamy, about 1 minute. Add remaining ¼ cup strawberry puree, the vanilla, and salt; beat until smooth. Gradually add the powdered sugar, beating on low until smooth and creamy.

5. Frost cake with frosting. If you like, top with additional sliced strawberries just before serving. **Makes 24 servings.**

PER SERVING *295 cal, 13 g fat (4 g sat fat), 33 mg chol, 203 mg sodium, 44 g carb, 0 g fiber, 36 g sugars, 2 g pro.*

Powdered Sugar ICING

In a bowl combine 1 cup powdered sugar, 1 Tbsp. milk, and ¼ tsp. vanilla. Stir in additional milk, 1 tsp. at a time, to reach desired consistency.

Cherry KUCHEN BARS

HANDS ON 25 minutes
BAKE 42 minutes at 350°F
COOL 10 minutes

- ⅓ cup salted butter, softened
- ½ cup shortening
- 1¾ cups granulated sugar
- 1½ tsp. baking powder
- ½ tsp. salt
- 3 eggs
- 1 tsp. vanilla
- 3 cups all-purpose flour
- 1 21-oz. can cherry pie filling
- 1 recipe Powdered Sugar Icing *(above)* (optional)

1. Preheat oven to 350°F. In a large bowl beat butter and shortening with a mixer on medium 30 seconds. Add sugar, baking powder, and salt. Beat until combined, scraping bowl as needed. Beat in eggs and vanilla. Beat in flour. Reserve 1½ cups of the dough. Press remaining dough into bottom of an ungreased 15x10-inch baking pan.
2. Bake 12 minutes. Spread pie filling over crust in pan. Spoon reserved dough in small mounds over pie filling.
3. Bake until top is light brown, about 30 minutes. Cool in pan on a wire rack 10 minutes. If you like, drizzle with Powdered Sugar Icing. Cool completely. Cut into bars. **Makes 32 bars.**

PER BAR *189 cal, 6 g fat (3 g sat fat), 27 mg chol, 84 mg sodium, 31 g carb, 0 g fiber, 17 g sugars, 2 g pro.*

Chocolate ECLAIR CAKE

HANDS ON 25 minutes **CHILL** 4 hours

- 3 cups milk
- 2 3.4-oz. pkg. French vanilla instant pudding and pie filling mix
- 2½ cups heavy cream, divided
- 3 oz. cream cheese, cut up and softened
- 2 Tbsp. powdered sugar
- 1 12.2- to 14.4-oz. pkg. chocolate graham crackers, divided
- 8 oz. semisweet chocolate, chopped

1. In a large bowl whisk together milk and pudding mix until combined. In a separate large chilled bowl combine 1½ cups of the cream, the cream cheese, and powdered sugar. Beat with a mixer on medium until stiff peaks form (tips stand straight). Fold whipped cream mixture into pudding mixture.

2. Arrange a single layer of graham crackers (about one-third of the crackers) in the bottom of a 13x9-inch baking pan, overlapping slightly and breaking to fit as needed. Spread half of the pudding mixture over crackers, top with another layer of graham crackers. Top with remaining pudding mixture and then remaining graham crackers. Cover and chill while preparing ganache.

3. For ganache, place chocolate in a medium heatproof bowl. In a small bowl microwave remaining 1 cup cream until bubbly, 1 minute. Pour hot cream over chocolate; let stand 5 minutes. Whisk chocolate mixture until smooth. Spread ganache over layers in pan. Cover and chill at least 4 hours or overnight. **Makes 16 servings.**

PER SERVING *378 cal, 22 g fat (13 g sat fat), 51 mg chol, 213 mg sodium, 41 g carb, 2 g fiber, 21 g sugars, 5 g pro*

Spiced Apple
TARTE TATIN

HANDS ON 30 minutes
COOL 20 minutes
BAKE 20 minutes at 400°F

- 1 14-oz. pkg. (1 sheet) frozen all-butter puff pastry, thawed
- 4 large Braeburn apples (2 lb.)
- ¼ cup salted butter
- ½ cup sugar
- ¾ tsp. five-spice powder
- ¼ tsp. salt

1. Preheat oven to 400°F. Unfold puff pastry onto a piece of parchment paper. (If you find a package that comes with two sheets, unfold both and place them on top of each other.) Roll pastry into an 11-inch square, then cut into an 11-inch circle. Cover with plastic wrap and chill until needed.
2. Peel apples. Working from top to bottom, cut three slices from rounded sides of each apple. In a 10-inch cast-iron skillet melt butter over medium. Sprinkle with sugar. Add a single layer of apple slices, cut sides down. Cut remaining slices into thirds and tuck around apples in skillet. Cook over medium-high until liquid is bubbly and light golden, 3 minutes. Reduce heat to medium, cook 4 minutes. Sprinkle with five-spice and salt. Turn apple slices rounded sides down, cook until liquid is thickened and deep golden brown, 1 minute more. Cool 10 minutes.
3. Cover apples with pastry circle, tucking edges into skillet. Cut two slits in top of pastry. Bake until pastry is golden, 20 to 25 minutes. Cool on a wire rack 10 minutes. Quickly invert tart onto a platter. **Makes 8 servings.**
PER SERVING *363 cal, 22 g fat (14 g sat fat), 59 mg chol, 286 mg sodium, 40 g carb, 1 g fiber, 23 g sugars, 3 g pro.*

COCONUT MILK *Picks*

Use a brand of coconut milk, such as Thai Kitchen or Geisha, that contains guar gum so the coconut cream will beat to a smooth and creamy consistency

Toasted Coconut ICEBOX CAKE

PICTURED ON *P. 83* // **HANDS ON** 30 minutes **BAKE** 5 minutes at 350°F **CHILL** 8 hours

- 1 cup shredded coconut
- 2 14-oz. cans unsweetened coconut milk (tip, *above right*), unshaken and chilled overnight
- 1 cup heavy cream
- ½ cup powdered sugar
- 1 tsp. vanilla
- 1 6.75- to 7.5-oz. pkg. (24 to 28) caramelized crisp cookies (such as Pepperidge Farm Bordeaux) or square shortbread cookies
- 1 Tbsp. hot fudge-flavor ice cream topping, warmed
- 1 Tbsp. caramel-flavor ice cream topping
- Toasted unsweetened shaved or shredded coconut

1. Preheat oven to 350°F. Spread the 1 cup coconut in a 15x10-inch baking pan. Bake, shaking pan once or twice, until toasted, 5 minutes; cool.
2. Scrape hardened coconut cream from top of coconut milk into a large bowl (reserve coconut liquid for another use). Beat coconut cream with a mixer on medium until smooth. Add heavy cream, powdered sugar, and vanilla. Beat on medium to high until stiff peaks form (tips stand straight).
3. To assemble, line an 8x4-inch loaf pan with plastic wrap, extending wrap over edges. Spread ¼ cup of the whipped cream mixture into prepared loaf pan. Top with a single layer of cookies, ¾ cup whipped cream, and ¼ cup coconut. Repeat layers three more times. Cover and chill until firm, 8 to 24 hours. Cover remaining whipped cream; chill.
4. To serve, invert cake onto a platter; remove plastic wrap. Frost top of cake with remaining whipped cream. Cut into pieces. To serve, drizzle with fudge and caramel toppings and sprinkle with shaved coconut. **Makes 8 servings.**

PER SERVING *524 cal, 40 g fat (29 g sat fat), 34 mg chol, 202 mg sodium, 36 g carb, 2 g fiber, 22 g sugars, 4 g pro.*

Raspberry Cream Cheese SLAB DANISH

PICTURED ON *P. 81* // **HANDS ON** 20 minutes **BAKE** 37 minutes at 375°F **COOL** 45 minutes

- 12 oz. fresh or frozen raspberries (3 cups)
- ¼ cup honey
- 1 tsp. lemon zest
- 1 17.3-oz. pkg. frozen puff pastry sheets (2 sheets), thawed
- 8 oz. cream cheese, softened
- ⅓ cup granulated sugar
- 1 Tbsp. all-purpose flour
- 1 tsp. vanilla
- 1 to 2 Tbsp. milk
- 2 Tbsp. coarse sugar
- 1 recipe Powdered Sugar Icing *(p. 85)* (optional)

1. In a medium saucepan combine raspberries and honey. Bring to boiling over medium-high, stirring frequently. Reduce heat to medium. Boil gently, uncovered, until mixture is slightly thickened and saucy, 12 to 15 minutes. Use a potato masher to mash berries occasionally. Stir in lemon zest. Remove from heat; cool while preparing pastry. (Mixture will thicken upon cooling.)
2. Preheat oven to 375°F. Lightly grease a 15x10-inch baking pan. On a lightly floured surface unfold one pastry sheet and roll into a 15x10-inch rectangle. Transfer pastry to prepared baking pan, pressing pastry to edges of pan; prick generously with a fork. Bake until lightly brown, about 12 minutes (pastry will puff and shrink from sides of pan). Cool on a wire rack while preparing cream cheese mixture.
3. In a small bowl stir together cream cheese, granulated sugar, flour, and vanilla until smooth.
4. Spread raspberry mixture over baked pastry to within 1 inch of edges. Dollop cream cheese mixture over raspberry mixture in 12 evenly spaced mounds.
5. On a lightly floured surface unfold remaining pastry sheet; roll to a 15x10-inch rectangle. Brush edges of pastry with milk. Place on top of raspberry-cream cheese mixture, milk side down. Lightly press edges of top pastry to edges of bottom pastry. Lightly brush top of pastry with additional milk. Using a sharp knife, cut slits in top pastry to allow steam to escape. Sprinkle coarse sugar over pastry.
6. Bake until pastry is lightly puffed and golden brown, 25 to 30 minutes. Cool on a wire rack about 45 minutes. Serve slightly warm. **Makes 12 servings.**

PER SERVING *297 cal, 17 g fat (9 g sat fat), 19 mg chol, 200 mg sodium, 35 g carb, 3 g fiber, 17 g sugars, 5 g pro.*

Easy **STORAGE**

Place any leftover pastry in an airtight container and chill up to 3 days

No-Churn ICE CREAM

HANDS ON 20 minutes **FREEZE** 8 hours

- **2** 14-oz. cans sweetened condensed milk
- **¾** cup unsweetened cocoa powder (optional)
- **1** qt. heavy cream
- **1** Tbsp. vanilla
- **2** cups coarsely chopped Stir-Ins *(far right)*
- **1** cup Ribbon *(right)*

1. Pour sweetened condensed milk into an extra-large bowl. Stir in cocoa powder (if using). In a large chilled bowl, beat cream and vanilla with a mixer on medium-high until soft peaks form (tips curl). Fold whipped cream into sweetened condensed milk. Fold in Stir-Ins.

2. Spread half of the cream mixture into a 3-qt. rectangular baking dish. Drizzle with Ribbon, top with remaining cream mixture. Cover and freeze until firm, at least 8 hours. **Makes 12 cups.**

PER ½ CUP *300 cal, 18 g fat (11 g sat fat), 56 mg chol, 71 mg sodium, 32 g carb, 0 g fiber, 29 g sugars, 4 g pro.*

MAGICAL NO-PREP TREAT:

Dump Cakes

Remix your cake mix! Five ingredients take your favorite box blend on

BLUEBERRY DUMP CAKE,
P. 95

Chocolate Cookie

DUMP CAKE

HANDS ON 15 minutes
BAKE 40 minutes at 350°F

- Nonstick cooking spray
- 32 chocolate sandwich cookies with white filling, divided
- 1 14-oz. can sweetened condensed milk
- 1 8-oz. container frozen whipped dessert topping, thawed
- 1 15.25-oz. (2-layer size) pkg. devil's food or chocolate fudge cake mix
- ¾ cup salted butter, sliced into 24 pieces
- Whipped topping or vanilla ice cream (optional)

Preheat oven to 350°F. Coat a 3-qt. baking dish with cooking spray. Arrange 24 cookies in a single layer in prepared baking dish. Drizzle sweetened condensed milk over cookies. Top with whipped topping, spreading to evenly coat. Sprinkle cake mix over topping. Coarsely chop remaining cookies, sprinkle over cake mix. Arrange butter pieces over cake mix. Bake until set, 40 to 45 minutes. Remove and cool slightly on a wire rack. Serve warm or cool completely. If you like, serve with additional whipped topping and crushed cookies. **Makes 12 servings.**

PER SERVING *488 cal, 26 g fat (16 g sat fat), 42 mg chol, 487 mg sodium, 61 g carb, 1 g fiber, 43 g sugars, 5 g pro*

Caramel Apple DUMP CAKE

HANDS ON 10 minutes **BAKE** 40 minutes at 350°F

- Nonstick cooking spray
- 2 21-oz. cans apple pie filling
- 1 tsp. vanilla (optional)
- ⅔ cup caramel-flavor ice cream topping
- 1 15.25-oz. (2-layer size) pkg. spice cake mix
- ¾ cup salted butter, sliced into 24 pieces
- ½ cup pecan halves (optional)
- Vanilla ice cream (optional)

Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with cooking spray. Pour pie filling into prepared dish. Stir in vanilla (if using). Spread evenly in dish. Drizzle with caramel topping. Sprinkle cake mix over mixture in dish. Arrange butter slices over cake mix. Top with pecan halves (if using). Bake until cake is firm and filling is bubbly, 40 to 50 minutes. Remove and cool slightly on a wire rack. Serve warm or cool completely. If you like, top with additional pecans and caramel topping and serve with ice cream. **Makes 12 servings.**

PER SERVING *408 cal, 15 g fat (9 g sat fat), 31 mg chol, 397 mg sodium, 69 g carb, 1 g fiber, 50 g sugars, 1 g pro.*

Magic **INGREDIENT**

Canned pie filling contains the fruit, sweetener, and thickener. Do not use canned fruit in juice or the texture will be too thin.

BLACK FOREST
DUMP CAKE

Black Forest
DUMP CAKE

HANDS ON 10 minutes
BAKE 40 minutes at 350°F

- **2 21-oz. cans cherry pie filling**
- **1 tsp. almond extract or vanilla (optional)**
- **1 15.25-oz. (2-layer size) pkg. devil's food cake mix**
- **¾ cup salted butter, sliced into 24 pieces**
- **Cherry or vanilla ice cream, chocolate-flavor syrup, and/or Maraschino cherries (optional)**

Preheat oven to 350°F. Pour pie filling into a 3-qt. rectangular baking dish. Stir in almond extract (if using). Spread evenly in dish. Sprinkle cake mix over pie filling. Arrange butter pieces over cake mix. Bake until cake is firm and filling is bubbly, 40 to 50 minutes. Remove and cool slightly on a wire rack. Serve warm or cool completely. If you like, serve with ice cream, chocolate syrup, and cherries. **Makes 12 servings.**

PER SERVING *309 cal, 14 g fat (8 g sat fat), 31 mg chol, 339 mg sodium, 45 g carb, 2 g fiber, 32 g sugars, 1 g pro.*

Blueberry
DUMP CAKE

PICTURED ON *P. 91*
HANDS ON 10 minutes
BAKE 40 minutes at 350°F

- **2 21-oz. cans blueberry pie filling**
- **1 tsp. vanilla (optional)**
- **1 15.25-oz. (2-layer size) pkg. yellow cake mix**
- **¾ cup salted butter, sliced into 24 pieces**
- **Fresh blueberries and/or powdered sugar (optional)**

Preheat oven to 350°F. Pour pie filling into a 3-qt. rectangular baking dish. Stir in vanilla (if using). Spread evenly in dish. Sprinkle cake mix over pie filling. Arrange butter slices over cake mix. Bake until golden brown and bubbly, 40 to 50 minutes. Remove and cool slightly on a wire rack. Serve warm or cool completely. If you like, serve with fresh blueberries and/or powdered sugar. **Makes 12 servings.**

PER SERVING *452 cal, 16 g fat (9 g sat fat), 31 mg chol, 254 mg sodium, 75 g carb, 3 g fiber, 56 g sugars, 2 g pro.*

DUMP CAKE *change up!*

Create your own combo by using your favorite pie filling flavor and cake mix. Make sure that the ingredients are the same size as stated in the recipe.

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